Kidney disease

Diabetes in Kentucky
A Public Health Epidemic - 2020

1 in 7 or 474,500 (13.7%) adults have diagnosed diabetes

632,700 with diagnosed and undiagnosed diabetes
1 of 4 don’t know it

158,200 adults are estimated to have diabetes but are undiagnosed

Prevalence of Diagnosed Diabetes by Kentucky Regions
2018 Kentucky Behavioral Risk Factor Surveillance Survey

Statewide Prevalence: 13.7%
Nationwide Median: 10.9%

Prevalence of Diagnosed Prediabetes by Kentucky Regions
2018 Kentucky Behavioral Risk Factor Surveillance Survey

Statewide Prevalence: 11.8%

1 in 9 or 331,335 (11.8%) adults have diagnosed prediabetes

1.1 million (1 in 3) with diagnosed and undiagnosed prediabetes
7 of 10 don’t know it

812,000 adults are estimated to have prediabetes but are undiagnosed

Cost

$5.16 BILLION

Total medical costs and lost work and wages for people with diagnosed diabetes in Kentucky

Higher risk of serious and costly complications

Heart Disease
Stroke
Loss of Toes, Feet or Legs
Kidney Disease
Blindness
Risk Factors for Type 2 Diabetes

- Overweight
- 45 and Older
- Physically Inactive
- Prediabetes
- Family History

What Can You Do?

You can **PREVENT** or **DELAY** type 2 diabetes

- Find out if you have prediabetes – See your health care provider to get your blood sugar tested
- Attend a National Diabetes Prevention Program (DPP)
- Make healthy food choices
- Be more active
- Lose weight if needed

You can **MANAGE** diabetes and reduce risk for complications

- Attend a self-management education and support program
- Plan meals and make healthy food choices
- Stay active
- Take your medications
- Monitor your blood sugar and other recommended care
- Quit smoking

Learn more at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) or speak with your doctor

Learn more at [www.cdc.gov/diabetes/ndep/people-with-diabetes/index.html](http://www.cdc.gov/diabetes/ndep/people-with-diabetes/index.html) or speak with your doctor

To find diabetes prevention or self-management education and support programs in your area, look on the Kentucky Diabetes Resource Directory at [https://prdweb.chfs.ky.gov/KYDiabetesResources/](https://prdweb.chfs.ky.gov/KYDiabetesResources/)

**REFERENCES**

