The Threat of Diabetes is on the RISE in Kentucky

Diabetes is a complex and increasingly common disease. Data from the Kentucky Behavioral Risk Factor Survey (KyBRFS) show that from 2004 to 2017 diagnosed diabetes rose from 7.4% to 12.9%. This means 1 in 8 (442,500) Kentucky adults have been diagnosed with diabetes. Based on national studies, it is likely that an additional 147,500 Kentucky adults have diabetes but do not know this yet due to lack of testing and diagnosis. If this is true, the real number of adults with diabetes is approximately 589,000. But this is just the tip of the iceberg. An even greater threat is looming beneath the surface. It is estimated that 1 in every 3 or 33.9% (1,100,000) of Kentucky adults have prediabetes with only 10.2% (288,000) diagnosed in 2015. Healthy eating, increased physical activity and modest weight loss can cut the risk of developing type 2 diabetes in half among persons with prediabetes.

We Must Work Together to Address the Threat

Having access to and increased utilization of cost effective, quality Diabetes Self-Management Education and Support (DSMES) and National Diabetes Prevention Programs (DPPs) is key for addressing the burden. These programs provide the foundation to equip people with diabetes or prediabetes to navigate daily self-management and lifestyle decisions and activities. Evidence shows that participation in:

- Accredited or recognized DSMES programs improve diabetes outcomes and reduce health care costs.
- CDC-recognized National DPPs and modest weight loss can cut the risk of developing type 2 diabetes in half for persons with prediabetes.

Despite the proven benefits, utilization of these services remains low. Addressing barriers to access is also key.

Sources
### Tracking Progress for Action

<table>
<thead>
<tr>
<th>Nationally Recognized Diabetes Prevention Program (DPP) Organizations (Includes pending, preliminary and full)</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>Progress (From previous year)</th>
<th>Progress (From baseline)</th>
</tr>
</thead>
<tbody>
<tr>
<td>DPP providers before recognition program existed</td>
<td>2</td>
<td>6</td>
<td>20</td>
<td>35</td>
<td>55</td>
<td>57</td>
<td>44</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Counties Covered by Recognized/Pending DPP Organizations with In-Person Sessions**
  - 2012: 2
  - 2013: 3
  - 2014: 43
  - 2015: 53
  - 2016: 87
  - 2017: 82
  - 2018: 78

- **Participants Annually in Recognized/Pending DPP Cohorts**
  - 2012: Not Available
  - 2013: 267
  - 2014: 548
  - 2015: 216
  - 2016: 1,605
  - 2017: 1,356
  - 2018: 1,772

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>42</td>
<td>Not Available</td>
<td>43</td>
<td>42</td>
<td>56*</td>
<td>72</td>
<td>96</td>
<td></td>
</tr>
</tbody>
</table>

- **Counties Covered by Recognized/Accredited DSMES Programs/Branches**
  - 2012: Not Available
  - 2013: 27
  - 2014: 39
  - 2015: 46
  - 2016: 66* | 83 | 88 |

- **Participants Annually in Recognized/Accredited DSMES Programs/Branches**
  - 2012: 13,071
  - 2013: 14,545
  - 2014: 8,875
  - 2015: 8,796
  - 2016: 8,132
  - 2017: 9,524
  - 2018: Not Available

### Data Source

- CDC’s National DPP website listing
- Kentucky Diabetes Prevention and Control Program National DPP Providers List
- American Association of Diabetes Educator’s (AADE) Diabetes Education Accreditation Program listing
- American Diabetes Association (ADA) Education Recognition Program website listing
- Participant numbers from CDC’s Division of Diabetes Translation

*AADE and ADA started listing branches of the parent organization. These branches are incorporated in the numbers from 2016 and beyond.

---

**Improved Access or Participation**

**Less Access or Participation**

**For listings of Kentucky programs, see the Kentucky Diabetes Resource Directory:**

[https://prd.chfs.ky.gov/KYDiabetesResources/](https://prd.chfs.ky.gov/KYDiabetesResources/)

---

**Join in State and Local Efforts**

Everyone can play a part in diabetes prevention and management

**RAISE AWARENESS**

about diabetes and prediabetes

**PROVIDE PROGRAMS**

for DPP and DSMES

**SHARE INFORMATION**

about DPP and DSMES

**PROMOTE DPP and DSMES**

as covered health benefits - waive deductibles and copayments

**ENCOURAGE PARTICIPATION**

including referral to local programs

---

**For more information, see**

[https://chfs.ky.gov/agencies/dph/dpgi/cdpb/Pages/diabetes.aspx](https://chfs.ky.gov/agencies/dph/dpgi/cdpb/Pages/diabetes.aspx)