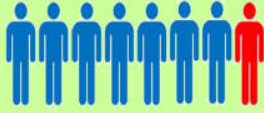


DIABETES IN KENTUCKY

A Public Health Epidemic - 2019

Diabetes

1 in 8 or
442,500 (12.9%)
adults have
diagnosed
diabetes



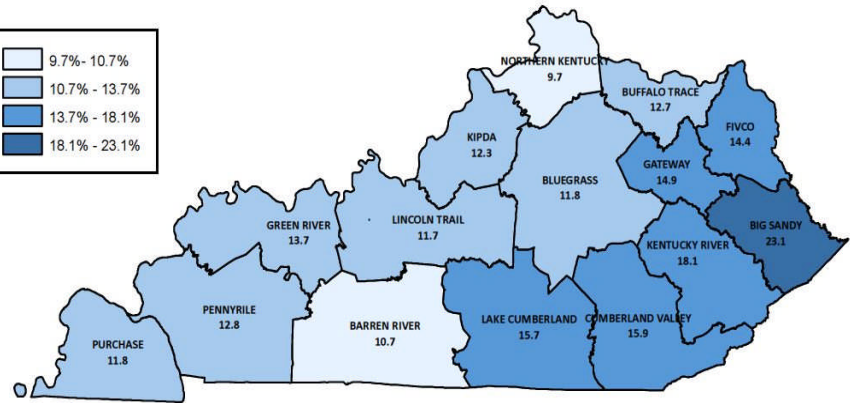
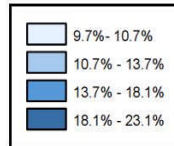
147,500 adults
are estimated to
have diabetes
but are
undiagnosed

**589,000 with
diagnosed and
undiagnosed
diabetes**

**1 of 4
don't know it**

Prevalence of **Diagnosed Diabetes** by Kentucky Regions

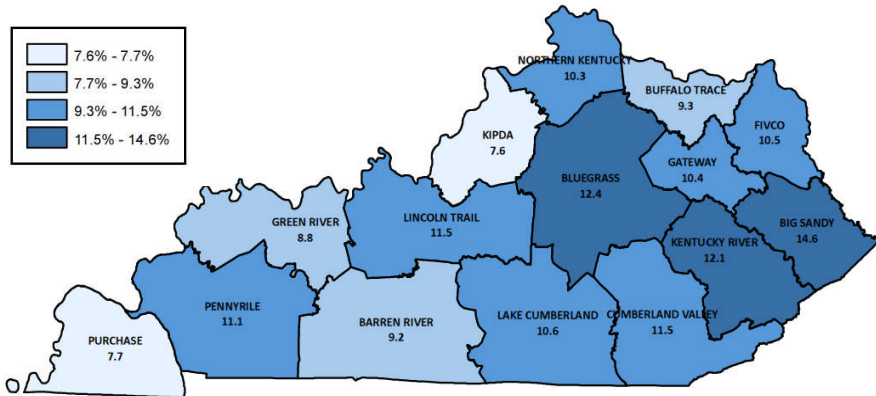
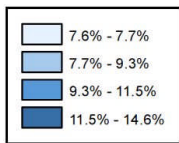
2017 Kentucky Behavioral Risk Factor Surveillance Survey



Statewide Prevalence: 12.9%
Nationwide Median: 10.5%

Prevalence of **Diagnosed Prediabetes** by Kentucky Regions

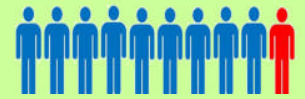
2017 Kentucky Behavioral Risk Factor Surveillance Survey



Statewide Prevalence: 10.2%

Prediabetes

1 in 10 or
288,000 (10.2%)
adults have
diagnosed
prediabetes



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

**1.1 million
(1 in 3) with
diagnosed and
undiagnosed
prediabetes**

**7 of 10
don't know it**

Cost

\$\$\$

**\$5.16
BILLION**

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

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



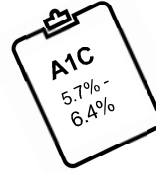
Overweight



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 doctor to get your blood sugar tested



Make healthy food choices



Be more active



Lose weight if needed



Attend a lifestyle change program approved by the CDC such as the National Diabetes Prevention Program (DPP)

Learn more at www.cdc.gov/diabetes/prevention or speak with your doctor

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



Plan meals and make healthy food choices



Stay active



Take your medications



Monitor your blood sugar and other recommended care



Attend a self-management education program



Quit smoking

Learn more at <https://www.cdc.gov/diabetes/ndep> 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://prd.chfs.ky.gov/KYDiabetesResources/>

REFERENCES

Kentucky Department for Public Health. 2019 Kentucky Diabetes Report.

Centers for Disease Control and Prevention (CDC). [National Diabetes Statistics Report, 2017](#).

American Diabetes Association. [Economic Costs of Diabetes in the U.S. in 2017](#). Diabetes Care 2018; 41: 917-928.