Kidney disease

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

**REFERENCES**

