

DIABETES IN KENTUCKY

A Public Health Epidemic - 2020

Diabetes

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



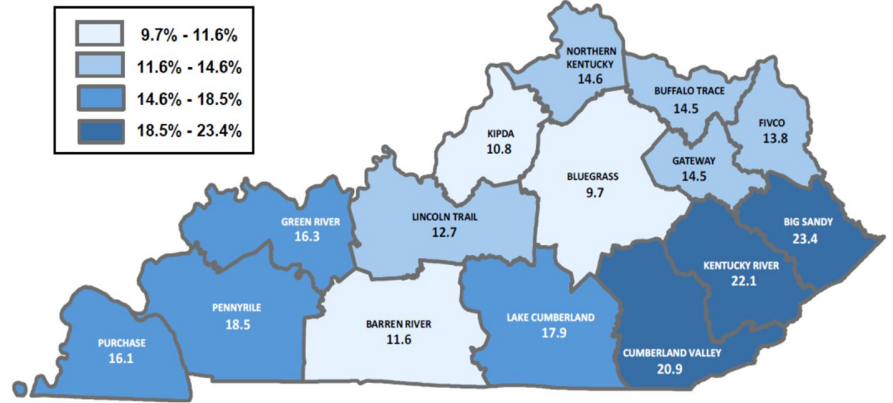
158,200 adults
are estimated to
have diabetes
but are
undiagnosed

**632,700 with
diagnosed and
undiagnosed
diabetes**

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

Prevalence of Diagnosed Diabetes by Kentucky Regions

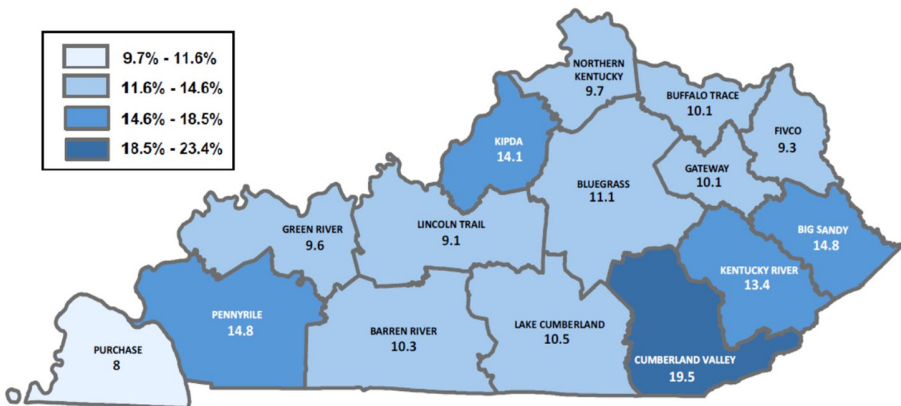
2018 Kentucky Behavioral Risk Factor Surveillance Survey



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%

Prediabetes

1 in 9 or
331,335 (11.8%)
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 in Kentucky**

Higher risk of serious and costly complications



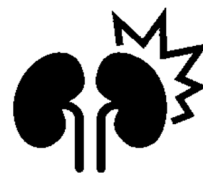
Heart Disease



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

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

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/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/>

REFERENCES

Kentucky Department for Public Health. Kentucky Behavioral Risk Factor Surveillance Survey Data 2018.
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.