

# People's Health

Outcomes • Planning • Evaluation



## Know the Facts: Diabetes and Prediabetes

### WHERE WE WERE (BASELINE):

In 2003, 9.0% of Shasta County residents and 6.6% of California residents had been diagnosed with diabetes.

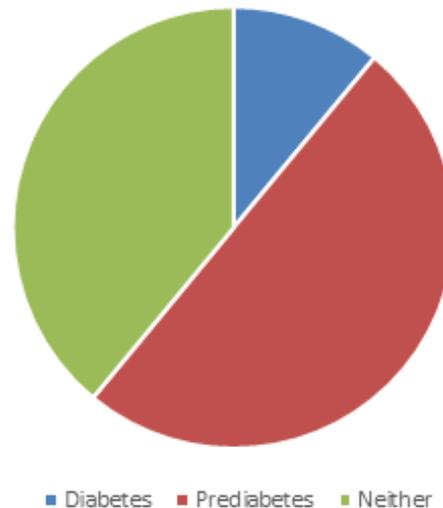
### WHERE WE ARE:

- In 2013-2015, 11% of adults in Shasta County and 10% of California adults had been diagnosed with diabetes.
- In 2013-2014, 50% of adults in Shasta County were estimated to have prediabetes, including 30% of young adults aged 18-39.

### WHERE WE ARE AIMING:

Reduce the diabetes death rate to 66.6 per 100,000 population.

Diabetes Status of Shasta County Adults, 2013-2014



### DID YOU KNOW?

- Adults with diabetes have a 1.7 times higher risk of death from cardiovascular disease, which includes conditions like heart disease or stroke. People with diabetes have a 1.8 times higher risk of being hospitalized for a heart attack, and a 1.5 times higher risk of being hospitalized for a stroke.
- Diabetes is the leading cause of kidney failure, non-traumatic lower limb amputations and adult onset blindness in the United States.
- Type 1 diabetes is an autoimmune condition that appears to be caused by a combination of genetic factors and environmental triggers, such as certain viruses.
- Type 2 diabetes accounts for 90-95% of diabetes cases in adults in the United States. Type 2 usually develops when cells in the liver, muscles and fatty tissue stop using insulin properly, a condition called insulin resistance. Many people with Type 2 diabetes are overweight or obese.
- People who have prediabetes have blood sugar that is above normal levels, but not yet high enough for a diagnosis of diabetes. People with prediabetes are at risk for developing Type 2 diabetes. Prediabetes has no outward symptoms, and 90% of people don't know they have it.
- People with prediabetes are at higher risk of developing cardiovascular disease, even if they are never diagnosed with diabetes.
- People with prediabetes can delay or prevent the onset of Type 2 diabetes with simple lifestyle changes, such as making healthier food choices, losing a small amount of weight, and exercise.

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Find more health information at [www.shastahhsa.net](http://www.shastahhsa.net). Click on "Health and Safety," then "Current Health Concerns." Questions? Email [shastahealthdata@co.shasta.ca.us](mailto:shastahealthdata@co.shasta.ca.us)

## TRENDS IN DIAGNOSED DIABETES

- Diagnosed diabetes in California has climbed steadily over the 12-year period for which data is available, from 6.6% in 2003 to 9.8% in 2015. Shasta County data did not change significantly (see Chart 1 below).
- The 48% increase in diabetes among California adults from 2003-2015 corresponds with a 37% increase in obesity. The rate of overweight adults did not change significantly over the same period.
- The age-adjusted death rate from diabetes in Shasta County was 19.7 per 100,000 population in the 3-year period from 2013-2015 (see Chart 2 Below). The death rate did not change significantly from 1999-2001 to 2013-2015.

Chart 1

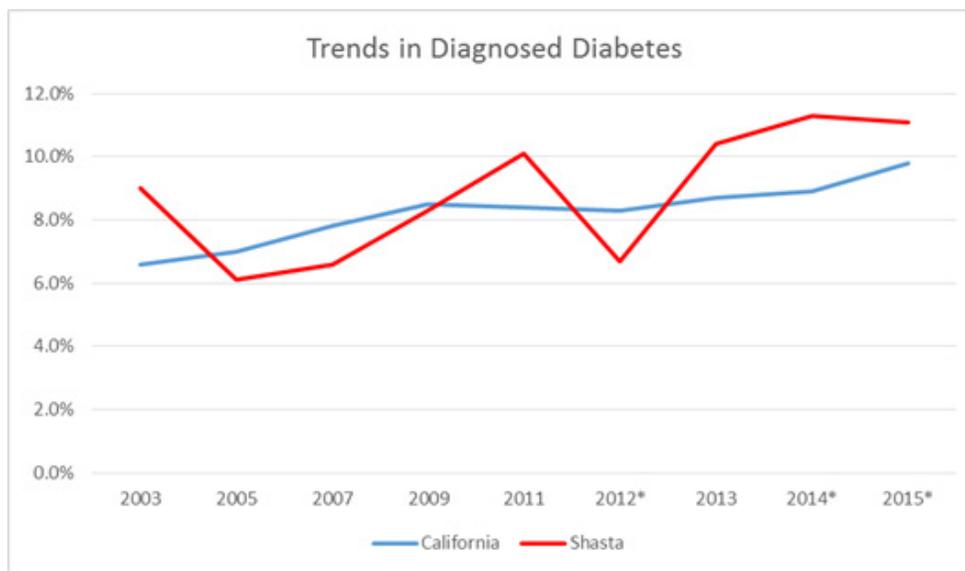
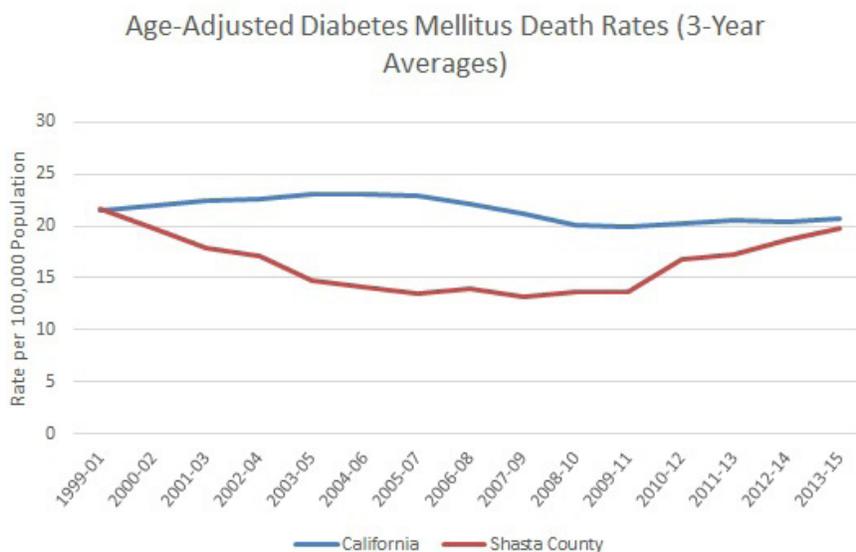


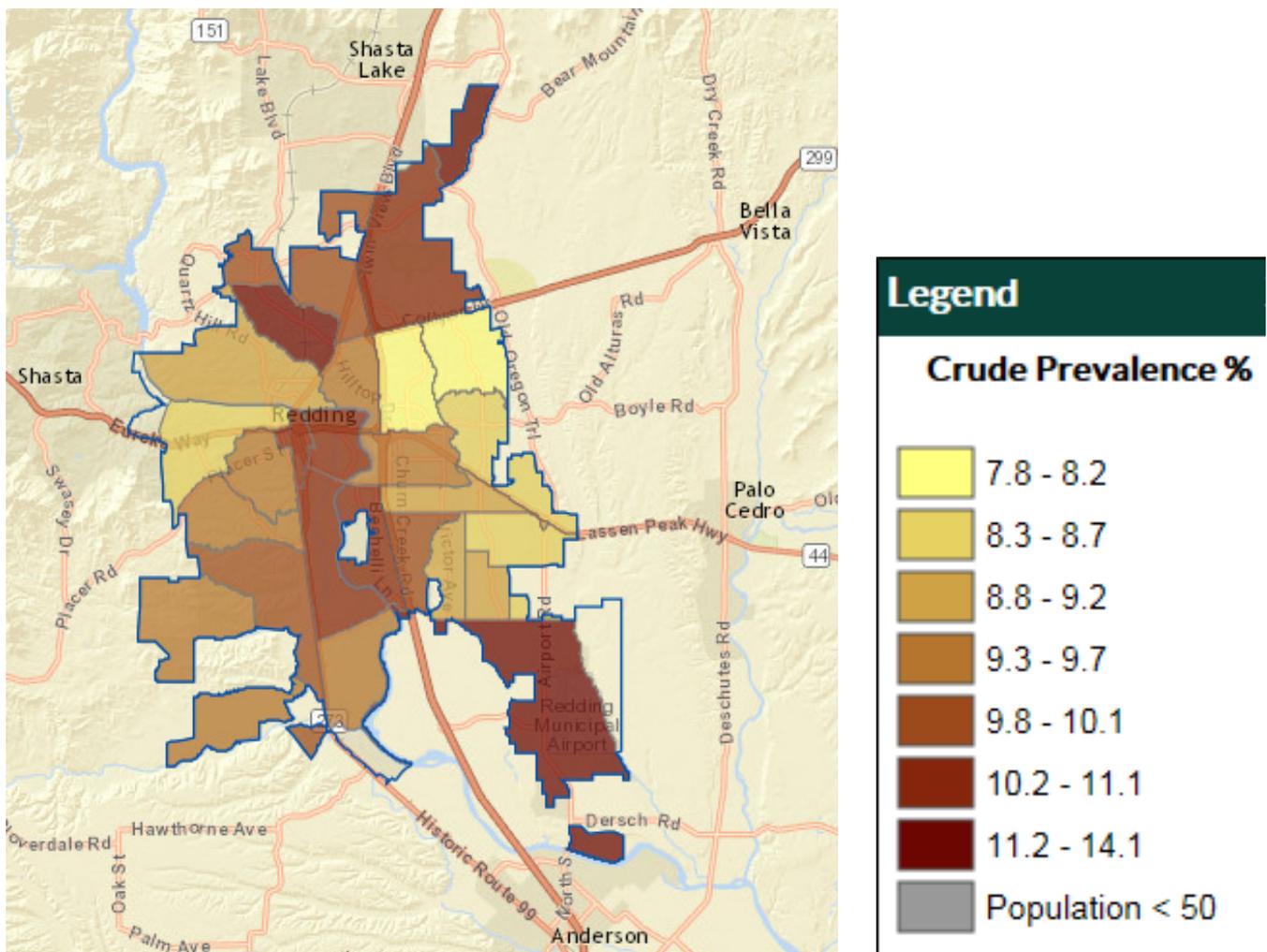
Chart 2



## DIAGNOSED DIABETES IN REDDING

- The 500 Cities Project revealed statistics on diagnosed diabetes in Redding and other cities across the United States.
- In 2014, 9.7% of adults in Redding had been diagnosed with diabetes. This was significantly lower than the United States rate of 10.5%
- Approximately 8,717 adults in Redding are estimated to have diabetes.
- The 500 Cities Project also produced small-area estimates of diabetes prevalence in Redding by census tract (see map below).

### Model-Based Estimates for Diagnosed Diabetes Among Adults Aged 18 or Older Redding, CA, 2014



Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. 500 Cities Project Data [online]. 2016 [accessed Mar 28, 2017]. URL: <https://www.cdc.gov/500cities>.

## KEY POINTS:

- In 2013-2014, 50% of adults in Shasta County were estimated to have prediabetes, but the vast majority don't know they have it. An estimated 11% of adults in Shasta County have been diagnosed with diabetes.
- Unless they make positive changes to improve their health, 70% of people with prediabetes will go on to develop Type 2 diabetes later in life. 15-30% will develop the disease within 5 years.
- In 2013-2014, 30% of young adults (ages 18-39) in Shasta County were estimated to have prediabetes. Young adults with prediabetes are at even higher risk for health problems because the risk of developing Type 2 diabetes and its complications increase with time.

## PRIMARY PREVENTION ACTIVITIES:

- Unlike Type 1, Type 2 diabetes is related to lack of exercise and obesity, and is considered preventable in many cases. Proper management of prediabetes is key to preventing or delaying Type 2 diabetes.
- Prediabetes can be prevented, reversed, or controlled through healthy lifestyle changes like eating healthy, exercising every day, and losing a small amount of weight.
- People who are already diagnosed with diabetes can prevent or delay complications by following their treatment plan and making the same healthy lifestyle changes.

## COMMUNITY RESOURCES:

**Healthy Shasta** ([www.healthyshasta.org](http://www.healthyshasta.org)): This collaborative focuses on making the healthy choice the easy choice. Its website shares information about how to stay active and eat healthy in Shasta County. It includes notices of upcoming community events as well as family-friendly tips and resources.

**Centers for Disease Control: For people at risk of Type 2 Diabetes** ([www.cdc.gov/diabetes/managing/](http://www.cdc.gov/diabetes/managing/)): This web page shows how to prevent diabetes and prevent its complications.

**American Diabetes Association** ([www.diabetes.org](http://www.diabetes.org)): This website has many resources for both diabetes management and prevention.

## From the Desk of Andrew Deckert, MD, MPH Shasta County Public Health Officer



For people with prediabetes, progression to diabetes is not inevitable. Research has shown that people with prediabetes can prevent or delay the onset of Type 2 diabetes with these healthy changes:

**Proper screening:** You should be screened for prediabetes/diabetes every 3 years if you are 40 or older, or overweight/obese, have a family history, are a person of color, or had diabetes in pregnancy.

**Weight loss counseling and motivational support:** These preventative services are highly effective, and may be covered by your insurance.

**Losing weight:** Lose 5-7% of your body weight to reduce your risk of Type 2 diabetes by 58%.

**Exercise:** 2.5 hours per week, or about 22 minutes/day.

**Healthy diet:** A healthy meal should be about ½ non-starchy vegetables, ¼ whole grains, and ¼ lean protein, and include a low-calorie beverage like water or unsweetened tea.

Remember that healthy lifestyle changes don't just help those with prediabetes - everyone else can benefit, too.