



DIABETES DATA SUMMARY

Diabetes is the seventh leading cause of death in Georgia. However the disease can be controlled or delayed by early detection, proper intervention, and comprehensive disease management.

**DEFINITION**

Diabetes mellitus (diabetes) is the medical term for the presence of high blood glucose (sugar) levels in the body. It is one of the most common chronic diseases in Georgia as well as in the United States.

**PREVALENCE**

The prevalence of diabetes is increasing in both Georgia and the United States at an alarming rate.

Prevalence of diagnosed diabetes among adults in Georgia, 2009<sup>1</sup> (Figures 1 - 5)

- Age 18 years or older: 716,000 or 10% of all Georgians in this age group have diabetes
- Age 65 years or older: 258,000 or 26% of all Georgians in this age group have diabetes
- Men: 360,000 or 10% of all men aged 18 years or older have diabetes in Georgia
- Women: 350,000 or 10% of all women aged 18 years or older have diabetes in Georgia
- Non-Hispanic whites: 370,000 or 9% of all non-Hispanic Whites aged 18 years or older have diabetes in Georgia
- Non-Hispanic blacks: 269,000 or 14% of all non-Hispanic Blacks aged 18 years or older have diabetes in Georgia
- Hispanics: 27,500 or 6% of all Hispanics aged 18 years or older have diabetes in Georgia
- Georgians with less than a high school education (14%) and those earning less than \$15,000/year (19%) are twice and four times more likely to have diabetes compared to college graduates (7%) and those earning more than \$75,000/year (5%) respectively
- Prevalence of diagnosed diabetes in Georgia is highly associated with the level of education ( $R^2=0.99$ ) and household income ( $R^2=0.98$ )

Fig. 1 Prevalence of Self-reported Diabetes by Age Group, Georgia, Adults, 2009

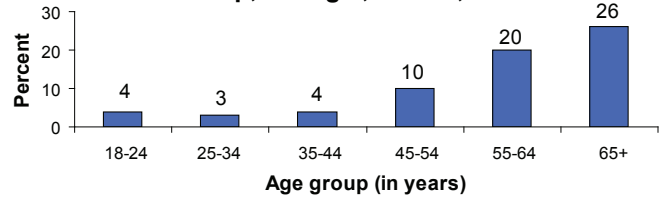


Fig. 2 Prevalence of Diabetes by Race and Sex, Georgia, Adults, 2009

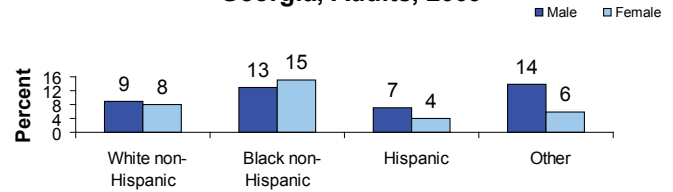


Fig. 3 Prevalence of Self-Reported Diabetes by Race, Georgia Adults, 2009

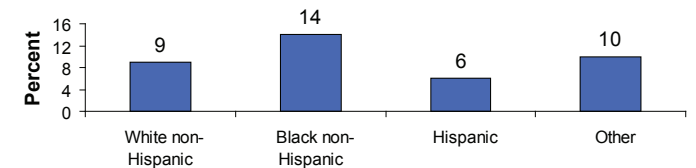
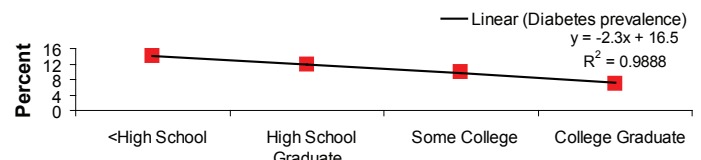


Fig. 4 Association Between Self-Reported Diabetes Prevalence and Income Level, Georgia Adults, 2009



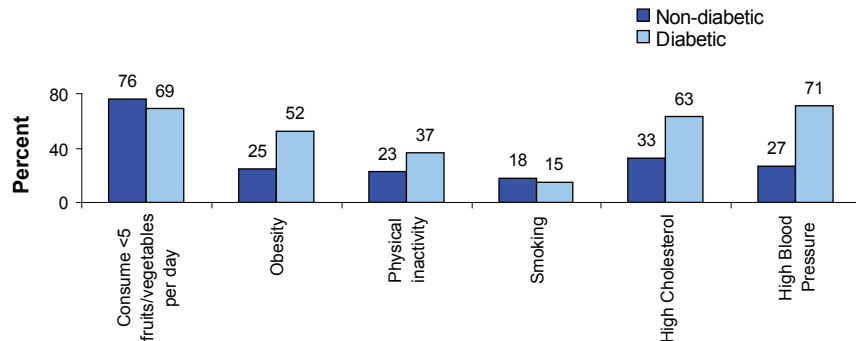
Fig. 5 Association between Diabetes Prevalence and Education Level, Georgia Adults, 2009



## RISK FACTORS FOR DIABETES IN GEORGIA<sup>1</sup>

Smoking, physical inactivity, unhealthy eating habits, high cholesterol, high blood pressure and obesity are some of the risk factors for developing diabetes. These factors can be modified to improve the overall health status of individuals. (Fig. 8)

Fig. 8 **Prevalence of Modifiable Risk Factors by Diabetes Status, Georgia Adults, 2009**



### Smoking

Smoking can elevate the risk of cardiovascular-related complications (heart attack, stroke, kidney damage, etc.) among adults with diabetes.

- In 2009, the prevalence of smoking among adult Georgians was 18%
- The prevalence of smoking among adult Georgians with diabetes (15%) was similar to non-diabetics (18%)

### Lack of Physical Activity

Regular physical activity is important in regulating blood sugar levels among people with diabetes.

- In 2009, 24% of adults in Georgia had no leisure time physical activity during the past month
- Adults with diabetes (37%) in Georgia were almost 1.6 times more likely to be physically inactive compared to non-diabetics (23%)

### Fruit and Vegetable Consumption

Although fruits and vegetables are important components of a balanced diet, many people in Georgia do not eat enough fruits and vegetables.

- In 2009, the majority (76%) of adults in Georgia did not consume the recommended daily servings of five or more fruits and vegetables
- Adults with diabetes (69%) in Georgia were as likely to consume less than the recommended daily servings of five or more fruits and vegetables as non-diabetics (76%)

### Obesity

For people with diabetes, losing excess body weight and maintaining a healthy body weight is crucial for properly managing the disease, preventing complications and slowing down the disease progression.

- In 2009, 27% of adults in Georgia were obese
- Diabetic Georgians were twice as likely to be obese (52%) when compared to non-diabetics (25%)

### High Blood Pressure

- In 2009, 31% of adults in Georgia had high blood pressure
- Diabetic Georgians were three times more likely to be hypertensive (71%) when compared to non-diabetics (27%)

### High Cholesterol

- In 2009, 37% of adults in Georgia had high cholesterol levels
- Adults with diabetes (63%) in Georgia were twice as likely to have high cholesterol when compared to non-diabetics (33%)

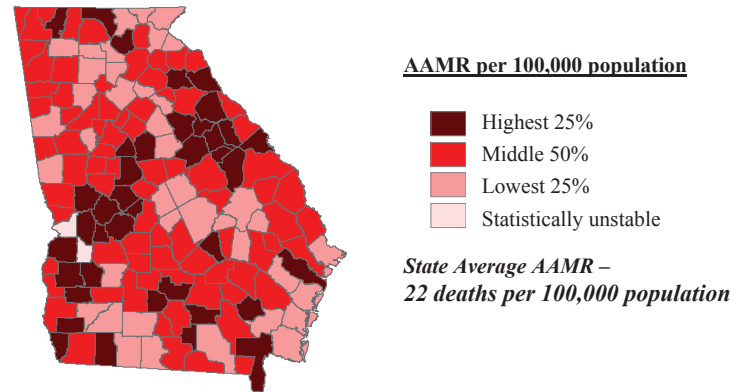
## MORTALITY

Overall, the risk for death among people with diabetes is about twice that of people without diabetes of similar age.

Deaths among people with diabetes in Georgia, 2007<sup>2</sup>

- Diabetes was the seventh leading cause of death, killing 1,583 Georgians in 2007
- In 2007, the overall age-adjusted death rate for Georgia was 19 per 100,000 population
- The diabetes death rate was 1.3 times higher in men (23/100,000) compared to women (17/100,000); and 2.2 times higher among Blacks (34/100,000) compared to Whites (15/100,000) (Fig. 7)

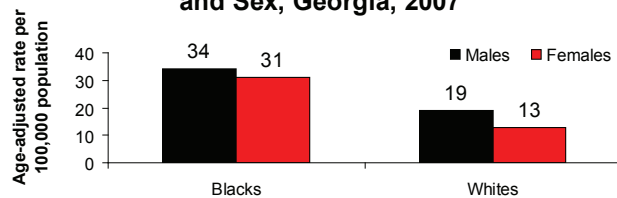
**Fig. 6 Age-adjusted Diabetes Mortality Rates by County, Georgia, 1999-2007**



AAMR = Age-adjusted mortality rate.

Source: Georgia Division of Public Health, OASIS.

**Fig. 7 Age-adjusted Diabetes Death Rates by Race and Sex, Georgia, 2007**



## MORBIDITY AND ECONOMIC COSTS

Diabetes can contribute to blindness, kidney failure, amputations, heart disease, stroke, hypertension, nerve damage, repeated infections, sexual dysfunction, skin disorders, periodontal disease, pregnancy complications, disability and premature death.

### Hospitalizations<sup>3</sup>

- In 2008, approximately 16,209 hospitalizations for which diabetes was the primary diagnosis occurred in Georgia
- Also, in 2008, 21,274 emergency room visits in Georgia were attributed to diabetes

### Estimated Costs<sup>4</sup>

According to American Diabetes Association's Diabetes Cost Calculator, the estimated diabetes costs in Georgia in 2007 are (Data updated every 5 years):

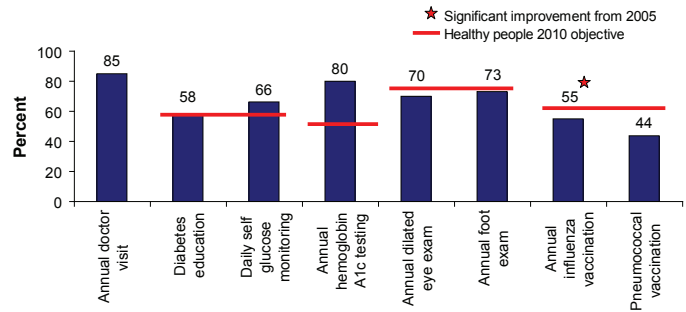
- Total (direct and indirect): \$5.1 billion
- Direct medical costs: \$3.3 billion
- Indirect costs: \$1.8 billion (disability, work loss, and premature mortality)

## PREVENTING DIABETES COMPLICATIONS

Most diabetes complications can be reduced by controlling the levels of blood glucose, blood pressure and blood lipids and by receiving other preventive care practices (diabetes education, doctor visits, eye exam, foot exam, influenza vaccination, and pneumococcal vaccination) in a timely manner.

- In 2009, adults with diabetes in Georgia met two of the seven national targets (Healthy People 2010 Objectives) for recommended routine care for diabetes (Fig. 9)
- Daily self glucose monitoring (66% compared to 60% target)
- Annual hemoglobin A1C testing (80%

**Fig. 9 Recommended Routine Care Rates for Adults with Diabetes, Georgia 2009**



compared to 50% target)<sup>1</sup>

### Data Source

1. Georgia Behavioral Risk Factor Surveillance System, Georgia Department of Community Health, Division of Public Health, Epidemiology Branch, 2008 and 2009.
2. Georgia Death File, Georgia Department of Community Health, Division of Public Health, Vital Records Program, 2007.
3. Georgia Hospital Discharge Data, Georgia Hospital Association, 2007
4. American Diabetes Association. Economic Costs of Diabetes in the U.S. in 2007: Diabetes Cost Calculator. [www.diabetes.org/cost](http://www.diabetes.org/cost).
5. Online Analytical Statistical Information System (OASIS), Georgia Department of Community Health, Division of Public Health, Office of Health Information and Policy. <http://oasis.state.ga.us/>

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Visit <http://www.health.state.ga.us/epi/cdiee/diabetes.asp> for more information about diabetes in Georgia