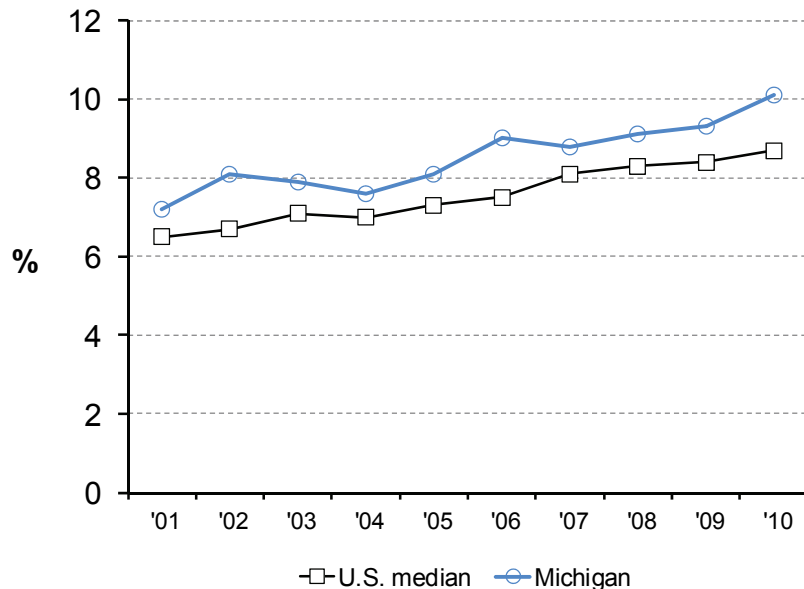


The prevalence of diabetes is increasing

- In 2011, an estimated 10.0% of Michigan adults 18 years and older have been diagnosed with diabetes — about 758,300 people.¹
- An additional 250,200 Michigan adults are thought to have diabetes but are currently undiagnosed.²
- Nationally, approximately 35% of adults age 20 and older are estimated to have prediabetes, putting them at high risk for developing type 2 diabetes.³ However, in 2010, only an estimated 6.4% of Michigan adults reported ever being told they had prediabetes.⁴
- In 2010, Michigan was tied with Arkansas with the 13th highest rate in the nation for diabetes prevalence among adults.⁵
- The prevalence of diabetes among Michigan adults increased by 40% between 2001-2010 (Figure 1).⁴

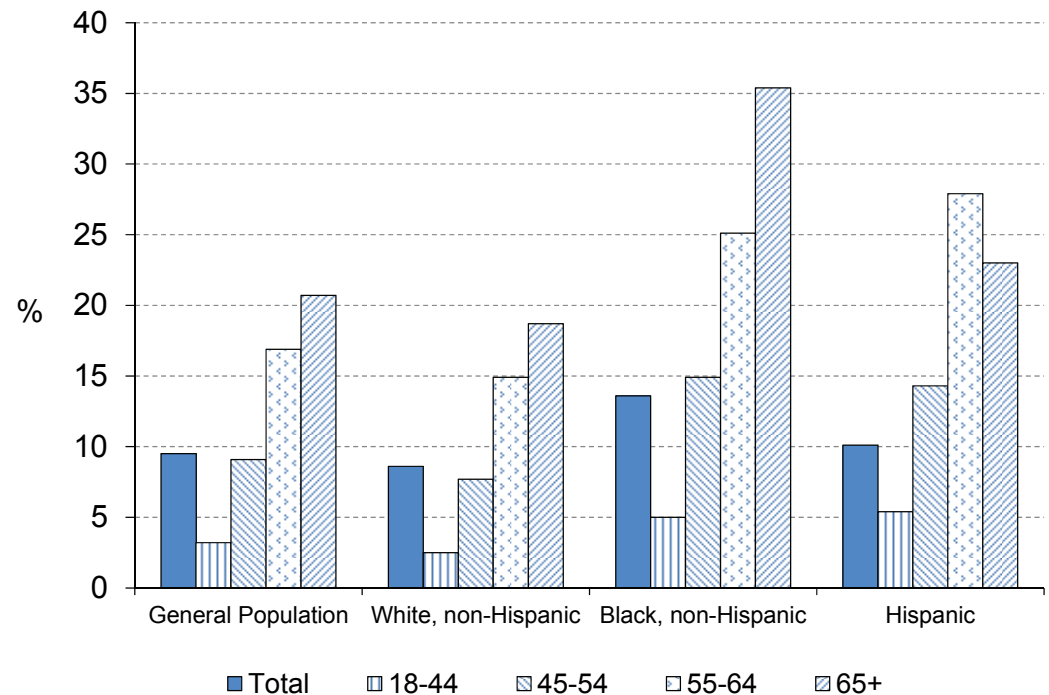
- In Michigan, the prevalence of diabetes among both African American (5.0%) and Hispanic adults (5.4%) ages 18-44 years was twice that of their White counterparts (2.5%). This disparity between Whites and African Americans continued for older adults, but was not clearly determined for the Hispanic population (Figure 2).⁴
- Prevalence of diabetes among the general population 45-54 years old (9.1%) was nearly three times the prevalence among 18-44 years old (3.2%), supporting the American Diabetes Association (ADA) recommendation for diabetes screening starting at 45 years old (Figure 2).^{4,6}

Figure 1. Diabetes Prevalence among Adults, U.S. vs. Michigan, 2001-2010



Source: CDC BRFSS [www.cdc.gov/brfss] and MiBRFSS[www.michigan.gov/brfs]

Figure 2. Reported Diabetes Prevalence by Race/Ethnicity and Age, Adults, Michigan, 2008-10 Combined



Source: MiBRFSS [www.michigan.gov/brfs]

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There are serious consequences from uncontrolled diabetes

- In 2010, there were 286,368 hospitalizations related to adults with diabetes and 8,584 diabetes-related deaths for all ages.^{7,8}
- Among adults in Michigan, 8,741 diabetes-related stroke hospitalizations and 68,224 diabetes-related cardiovascular disease hospitalizations occurred in 2010.⁷
- In Michigan, 27.4% of adult persons with diabetes (PWD) were previously told by a health care provider that they had a heart attack, coronary heart disease, and/or a stroke.⁴
- In 2011, nearly 24% of Michigan adult PWD reported ever being told that they had diabetes-related retinopathy.⁴
- In 2010, diabetes was responsible for 42% of all new ESRD cases (Figure 3a). The age-adjusted rate of new diabetes-related ESRD cases was 168 per 100,000 PWD in 2010.⁹
- Among adults in Michigan, 75% (2,868) of all non-traumatic lower limb amputations were diabetes-related in 2010 (Figure 3b).⁷

Diabetes is controllable through self-management and healthy lifestyle choices

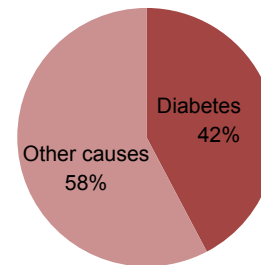
- Regular exercise can help maintain glycemic (blood sugar) control. The ADA recommends adult PWD perform at least 150 min per week of moderate-intensity aerobic exercise and resistance training at least twice per week.⁶
- Adult PWD in Michigan were more likely to have no leisure-time physical activity than those without diabetes in Michigan (Table 1).⁴
- Unhealthy weight, high blood pressure and high cholesterol were also significantly higher among adult PWD than adult persons without diabetes in 2011 (Table 1).⁴

At least \$8 billion was spent to treat undiagnosed and diagnosed diabetes in Michigan in 2011.¹⁰

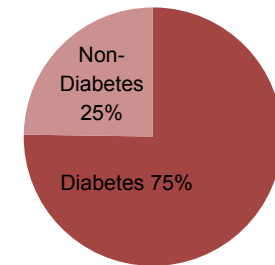
Michigan can save \$545 million across all chronic diseases by investing \$10 in preventive care per person per year.¹⁰

Figure 3. Diabetes Complications, Adults, Michigan, 2010

a) End Stage Renal Disease (New Cases)



b) Non-traumatic Lower Extremity Amputation



Sources: US Renal Data System and Vital Records and Health Statistics (2010)

Source: Vital Records and Health Statistics

Table 1. Controllable Factors, Adult Persons with Diabetes (PWD) Compared to Adults Persons

Characteristics	Among PWD (%)	People without Diabetes (%)
No leisure-time physical activity	35.2	22.3
Overweight or Obese	89.3	62.8
Obese	61.1	27.9
High blood pressure	78.2	29.3
High cholesterol	69.9	38.0

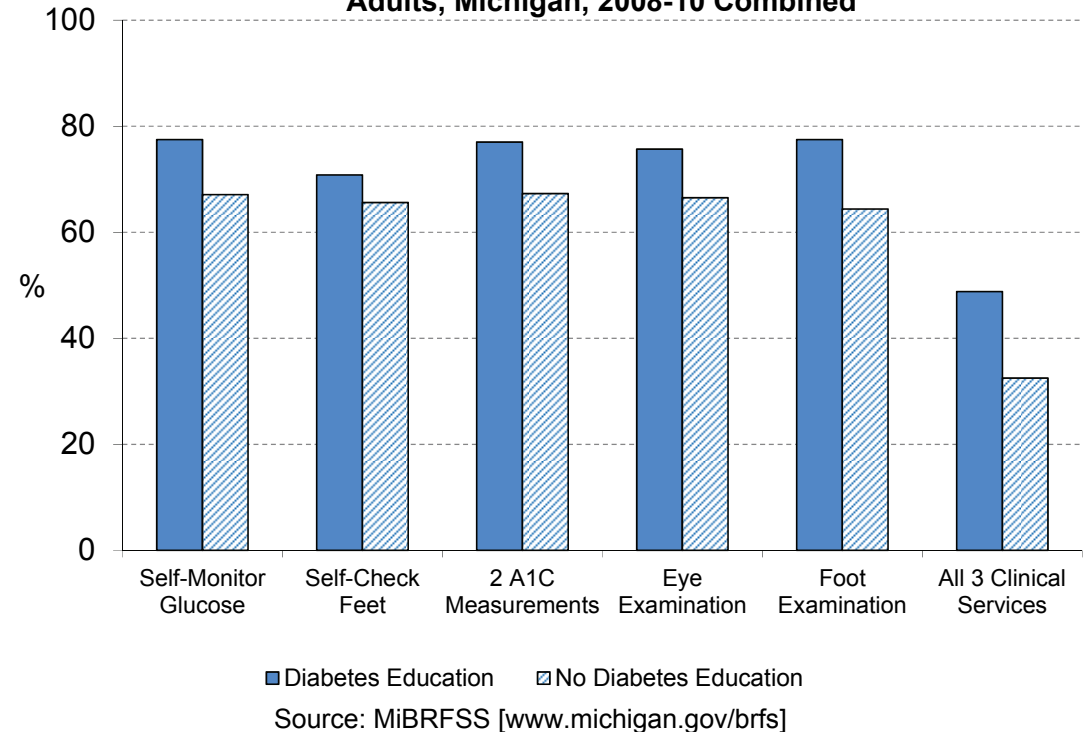
Source: MiBRFSS [www.michigan.gov/brfs]

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Diabetes education works

- Diabetes self-management education (DSME) is a critical element of care for all PWD and those at risk for developing the disease.¹¹
- DSME programs help PWD to prevent or delay the complications of diabetes and manage health care cost.¹¹
- An estimated \$900 per person may be saved annually by PWD who complete self-management education courses.¹²
- In 2011, 54.7% of Michigan adults with diabetes reported receiving formal diabetes education.
- PWD in Michigan who received formal diabetes education showed significantly higher adherence to self management and preventive service recommendations than those who did not (Figure 4).⁴

Figure 4. Diabetes Management by Formal Diabetes Education, Adults, Michigan, 2008-10 Combined



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For more diabetes information in Michigan, please visit www.michigan.gov/diabetes