

OHIO DIABETES PREVENTION AND CONTROL PROGRAM

DIABETES IN OHIO 2012

What is Diabetes?

Diabetes mellitus, or diabetes, is a disease in which a person has a high level of glucose (a type of sugar) in their blood. Our bodies obtain glucose from the food we eat and use it to power cells and organs vital to survival such as the brain, heart and lungs. Normally, the body uses insulin, a hormone secreted by cells in the pancreas called beta cells, to control the level of glucose in our blood. When a person can no longer successfully utilize or produce enough, or any, insulin to regulate their blood glucose level, they are classified as a diabetic.



Pictured: A person tests their blood glucose level with a digital monitor.

Three Common Types of Diabetes

Type 1 Diabetes Mellitus

Formerly known as “juvenile diabetes,” Type 1 diabetes is characterized by the inability of the beta cells in the pancreas to produce enough, or any, insulin to regulate blood glucose levels. Type 1 diabetes is usually treated through routine monitoring of blood glucose levels and insulin injections.

Type 2 Diabetes Mellitus

Formerly known as “adult-onset diabetes,” Type 2 diabetes is characterized by a cellular resistance to insulin rather than the absence of insulin seen in Type 1. Also unlike Type 1 diabetes, patients with Type 2 can usually be treated with medication and lifestyle alterations related to exercise and diet.

Gestational Diabetes Mellitus (GDM)

Although only experienced by a small percentage of pregnant women in their third trimester, GDM is a very serious condition that resembles Type 2 diabetes and poses a significant health risk to both mother and unborn child. GDM can usually be successfully treated the same way as Type 2 diabetes; however, women who have GDM are at a greater risk for developing Type 2 later on in life.



What is Prediabetes?

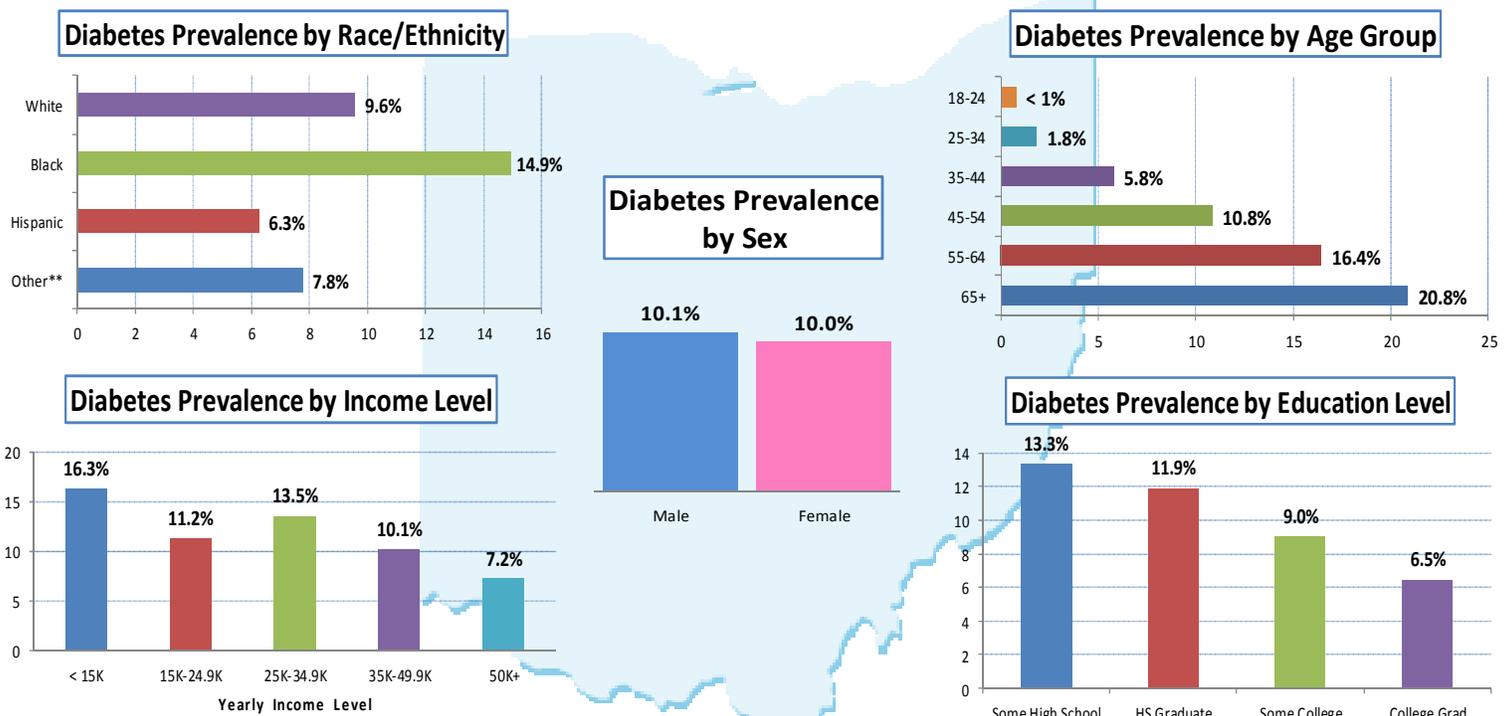
Prediabetes is a condition in which a patient has elevated levels of blood glucose but does not yet meet the criteria for Type 2 diabetes. However, a person with prediabetes is still at risk of developing Type 2 diabetes. Prediabetes is listed as a risk factor for mortality and has been labeled by some as “America’s largest healthcare epidemic.”¹ Although being diagnosed with prediabetes puts a patient at a significant risk for developing Type 2 diabetes, it is not a guarantee. Through lifestyle interventions similar to those used to treat Type 2 diabetes such as improved diet and exercise, prediabetic patients can significantly decrease their risk of developing Type 2 diabetes.

What is Diabetes?

Diabetes is a chronic disease that continues to increase in prevalence in Ohio and can lead to serious health-related complications. It is a leading cause of cardiovascular disease, blindness, kidney failure and non-traumatic lower extremity amputations among adults. In fact, adults with diabetes are two to four times more likely to have a heart attack or stroke than those without diabetes. According to 2011 data from the Ohio Behavioral Risk Factor Surveillance System (BRFSS), it is estimated that more than 10 percent (885,815) of Ohio adults have been diagnosed with diabetes. In addition, it is estimated that nearly 200,000 Ohio adults have either been diagnosed with gestational diabetes or prediabetes, increasing their risk of progressing to Type 2 diabetes later in life.

To effectively address the increasing impact that diabetes continues to have in Ohio, it is important that we determine what, if any, commonalities exist between those Ohioans who are being diagnosed with the disease. While it’s true that diabetes can affect anyone, anywhere, it is important to note that disparities do exist. For example, African-Americans proportionally represent approximately 12 percent of Ohio’s population; however, data from the 2011 BRFSS indicate that they represent 16 percent of all adults diagnosed with diabetes.

Estimated diagnosed diabetes prevalence among Ohio adults (18+) by Race/Ethnicity, Age Group, Income Level, Sex and Education Level, 2011



Source: 2011 Ohio Behavioral Risk Factor Surveillance System, Chronic Disease and Behavioral Epidemiology Section; Bureau of Healthy Ohio, Ohio Department of Health, August 2012.

¹Handelsman Y, MD. "A Doctor's Diagnosis: Prediabetes". *Power of Prevention* 1 (2).

**Other, in all instances within this document, is used to denote a combination of Asian, American-Indian/Alaskan Native, and any other identified racial or ethnic background that did not fall into previously defined categories.

† Data has been suppressed per guidelines set forth by the Centers for Disease Control and Prevention as it relates to presentation of BRFSS survey data and further represented as "N/A"

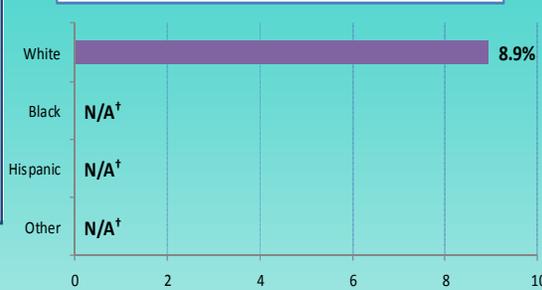


In an effort to obtain a more accurate picture of diabetes prevalence in Ohio, the state has been broken down into five separate regions and the eight largest urban counties (none of which were included in their respective regional estimates). However, caution should be used when interpreting some estimates due to lack of robust sample sizes in all categories.

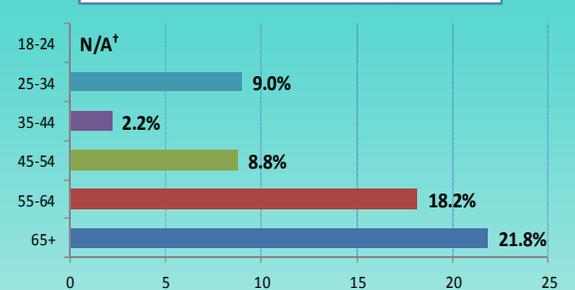


Central Region

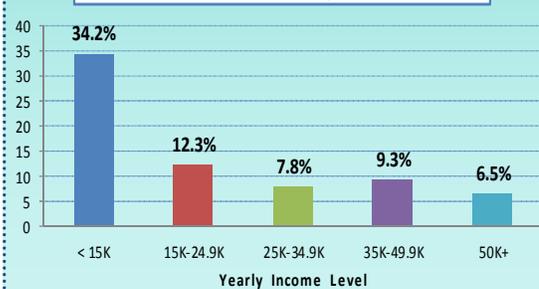
Diabetes Prevalence by Race/Ethnicity



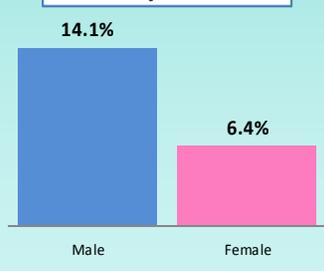
Diabetes Prevalence by Age Group



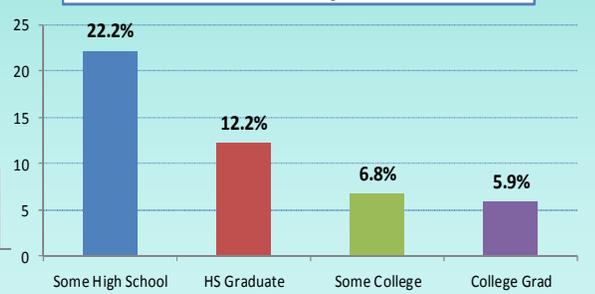
Diabetes Prevalence by Income Level



Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level



Source: 2011 Ohio Behavioral Risk Factor Surveillance System, Chronic Disease and Behavioral Epidemiology Section; Bureau of Healthy Ohio, Ohio Department of Health, August 2012.

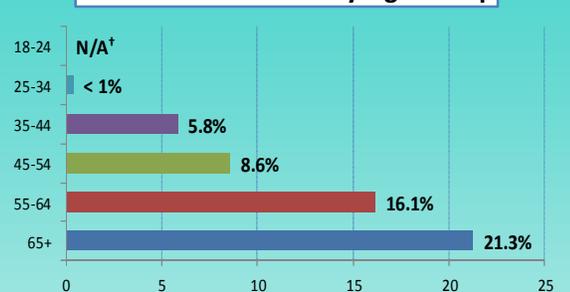


Franklin County

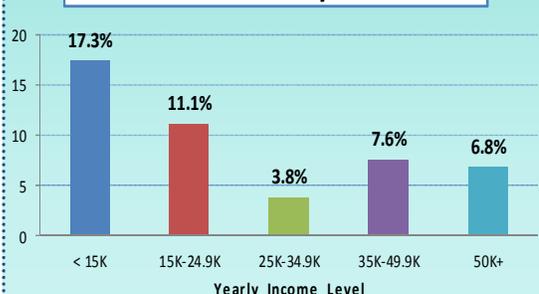
Diabetes Prevalence by Race/Ethnicity



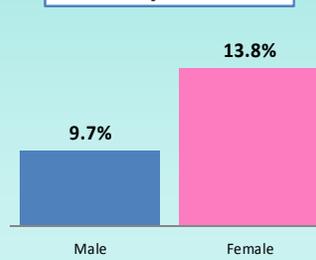
Diabetes Prevalence by Age Group



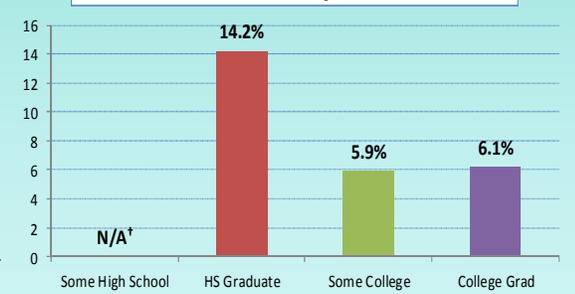
Diabetes Prevalence by Income Level



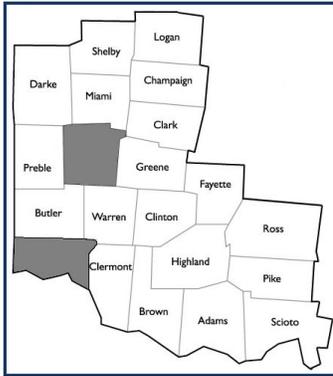
Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

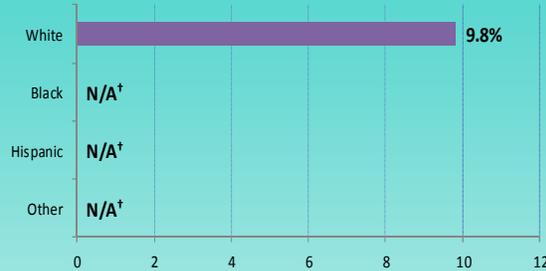


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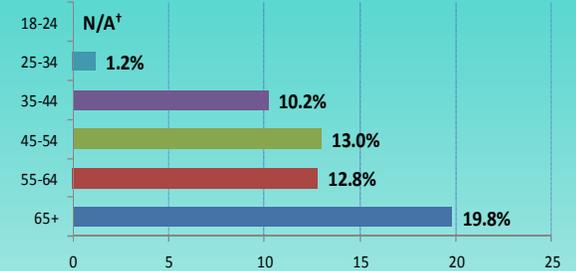


Southwest Region

Diabetes Prevalence by Race/Ethnicity



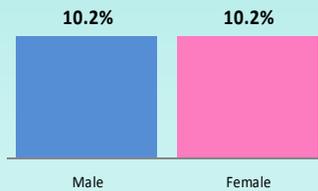
Diabetes Prevalence by Age Group



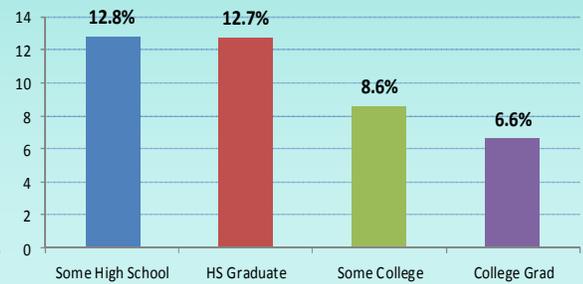
Diabetes Prevalence by Income Level



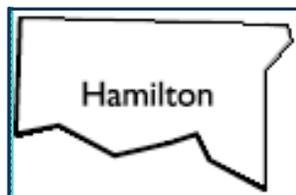
Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

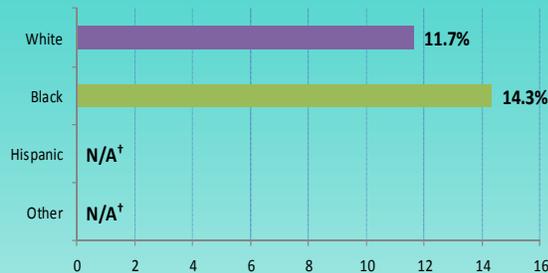


Source: 2011 Ohio Behavioral Risk Factor Surveillance System, Chronic Disease and Behavioral Epidemiology Section; Bureau of Healthy Ohio, Ohio Department of Health, August 2012.

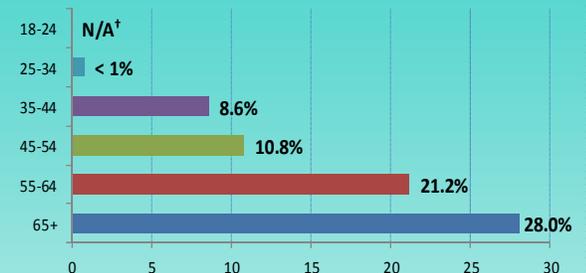


Hamilton County

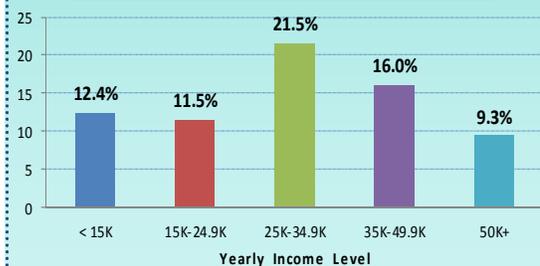
Diabetes Prevalence by Race/Ethnicity



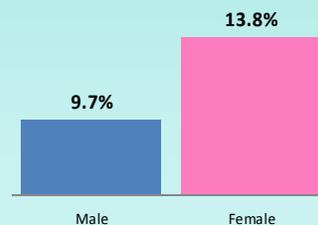
Diabetes Prevalence by Age Group



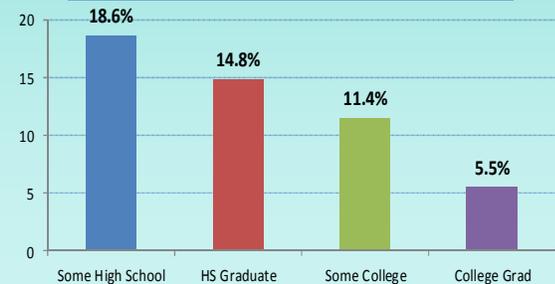
Diabetes Prevalence by Income Level



Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

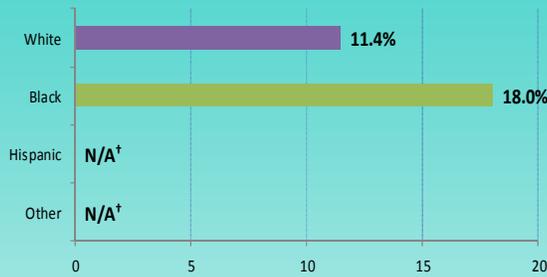


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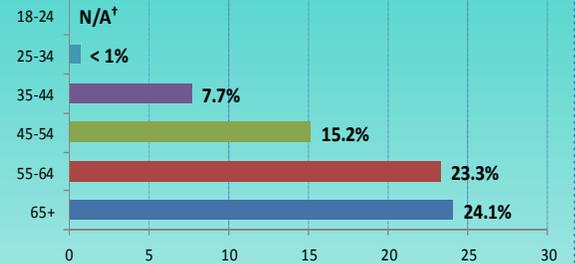


Montgomery County

Diabetes Prevalence by Race/Ethnicity



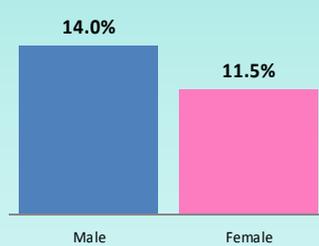
Diabetes Prevalence by Age Group



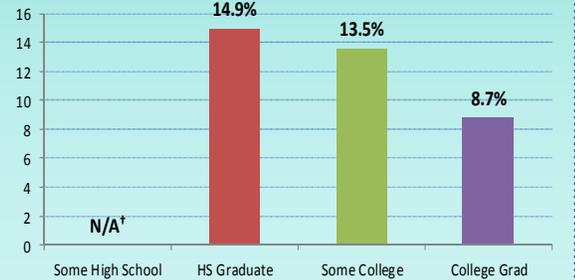
Diabetes Prevalence by Income Level



Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

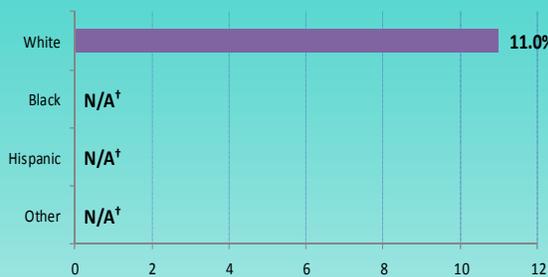


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Southeast Region

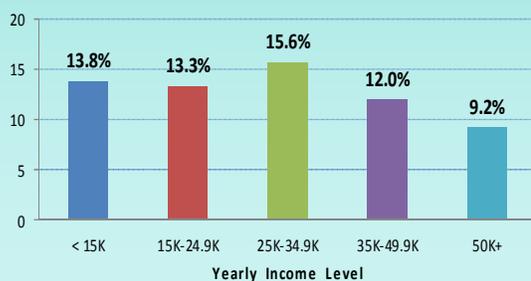
Diabetes Prevalence by Race/Ethnicity



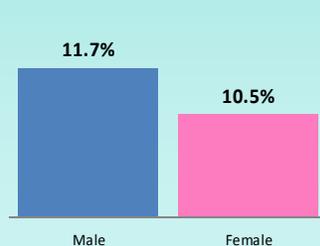
Diabetes Prevalence by Age Group



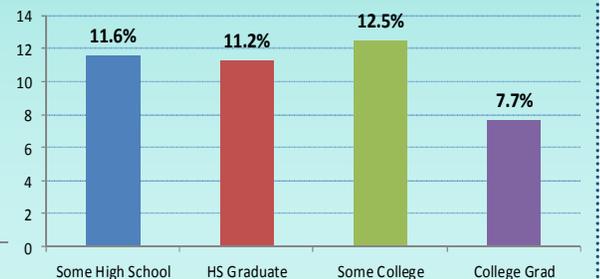
Diabetes Prevalence by Income Level



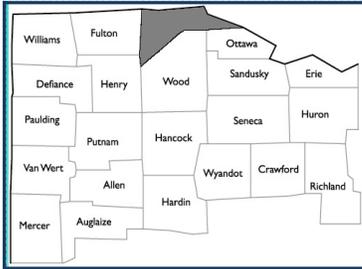
Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

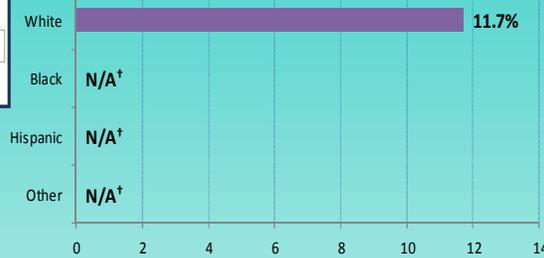


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Northwest Region

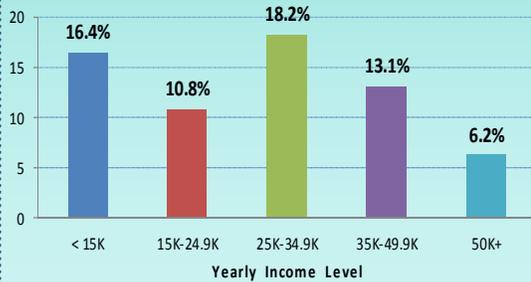
Diabetes Prevalence by Race/Ethnicity



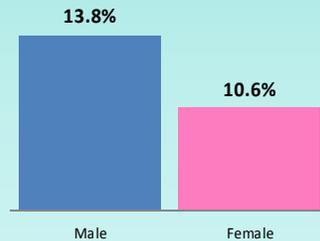
Diabetes Prevalence by Age Group



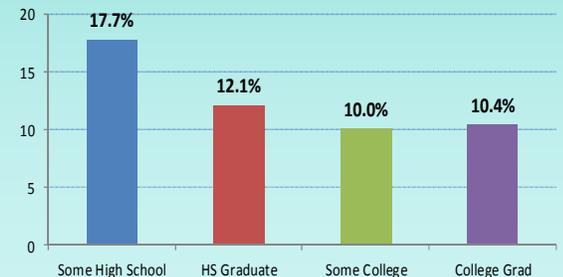
Diabetes Prevalence by Income Level



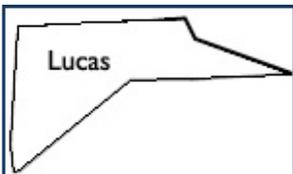
Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

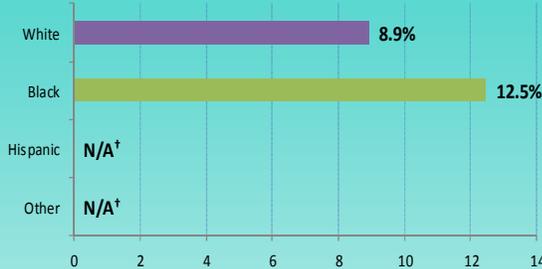


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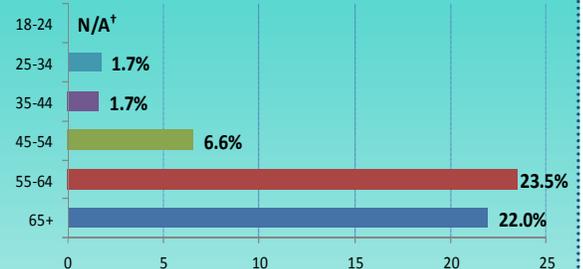


Lucas County

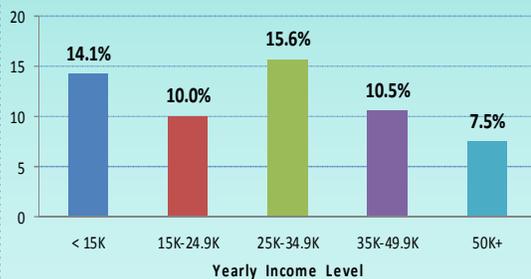
Diabetes Prevalence by Race/Ethnicity



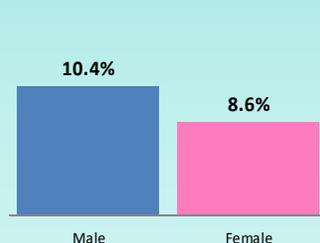
Diabetes Prevalence by Age Group



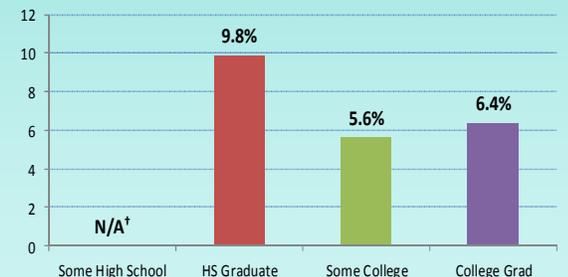
Diabetes Prevalence by Income Level



Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

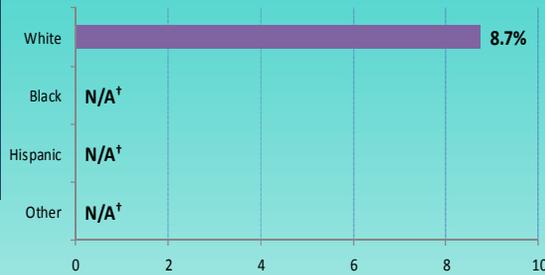


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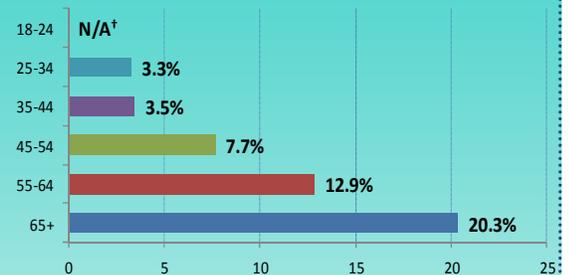


Northeast Region

Diabetes Prevalence by Race/Ethnicity



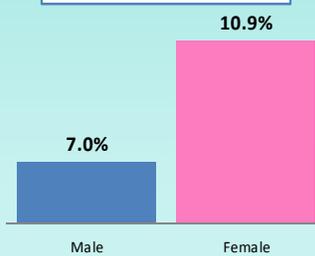
Diabetes Prevalence by Age Group



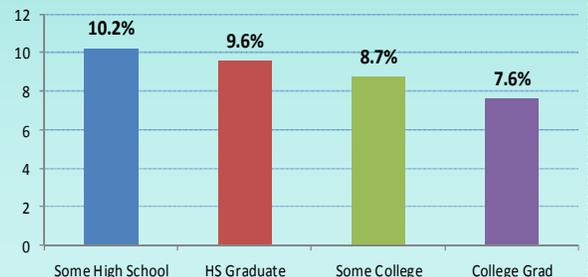
Diabetes Prevalence by Income Level



Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level



Source: 2011 Ohio Behavioral Risk Factor Surveillance System, Chronic Disease and Behavioral Epidemiology Section; Bureau of Healthy Ohio, Ohio Department of Health, August 2012.

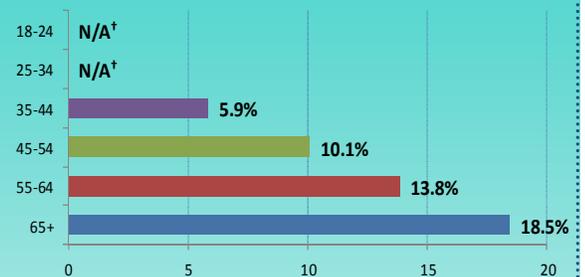


Mahoning County

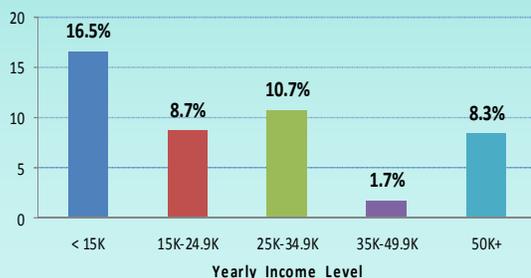
Diabetes Prevalence by Race/Ethnicity



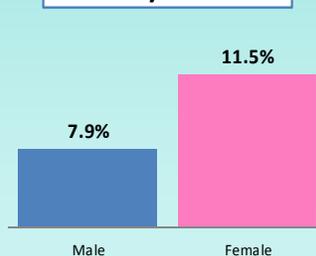
Diabetes Prevalence by Age Group



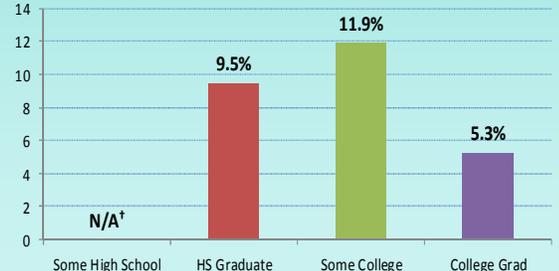
Diabetes Prevalence by Income Level



Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

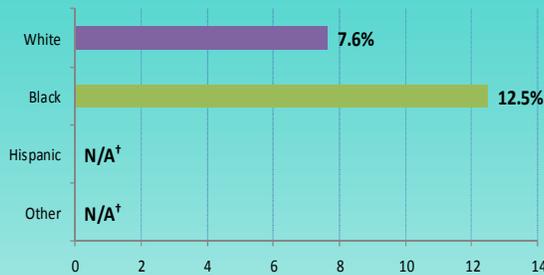


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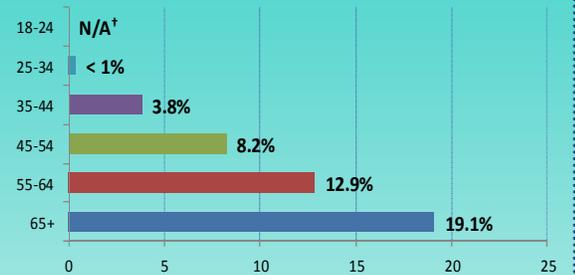


Cuyahoga County

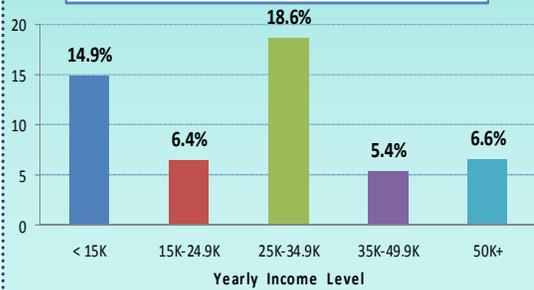
Diabetes Prevalence by Race/Ethnicity



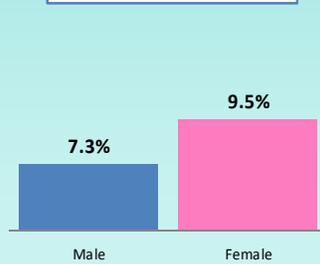
Diabetes Prevalence by Age Group



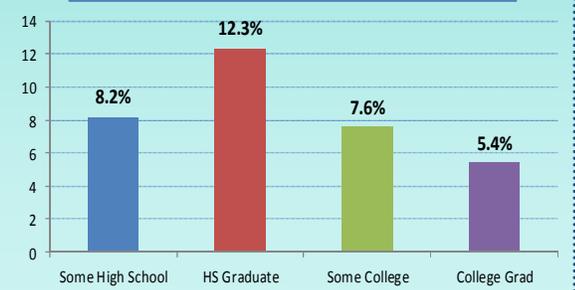
Diabetes Prevalence by Income Level



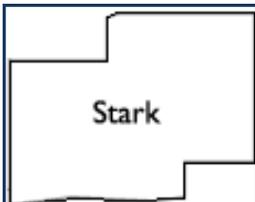
Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

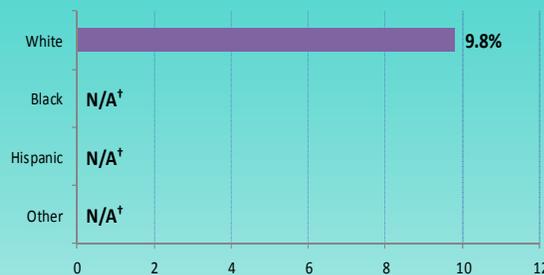


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Stark County

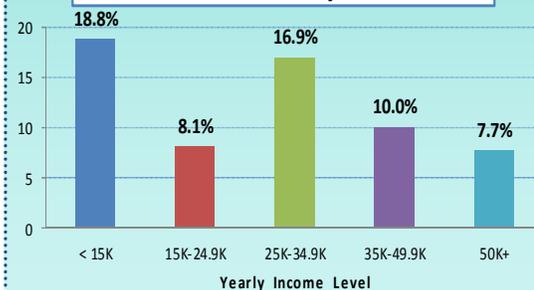
Diabetes Prevalence by Race/Ethnicity



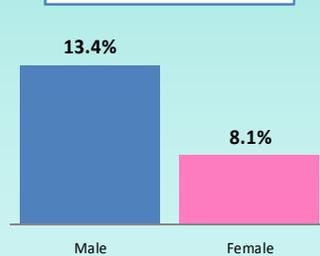
Diabetes Prevalence by Age Group



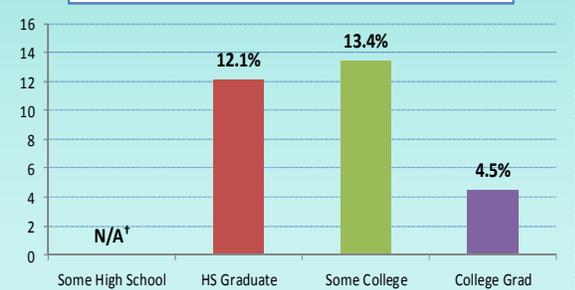
Diabetes Prevalence by Income Level



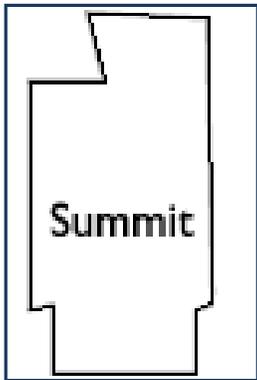
Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level

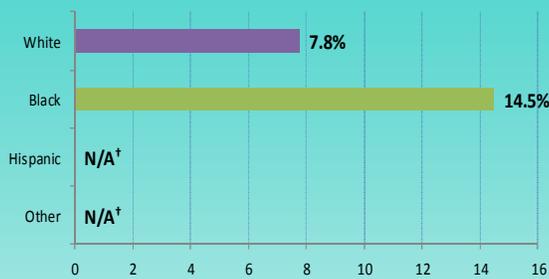


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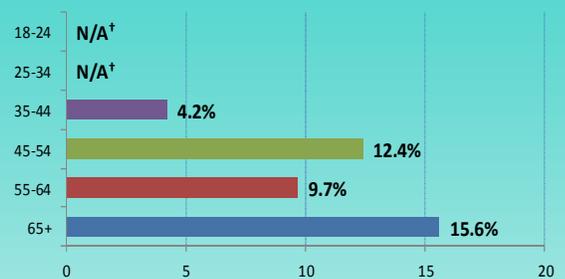


Summit County

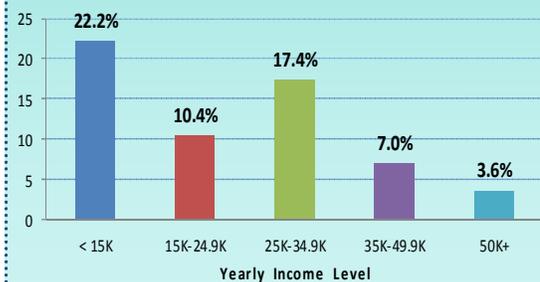
Diabetes Prevalence by Race/Ethnicity



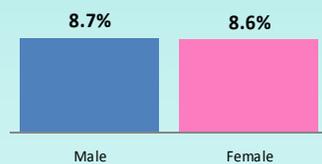
Diabetes Prevalence by Age Group



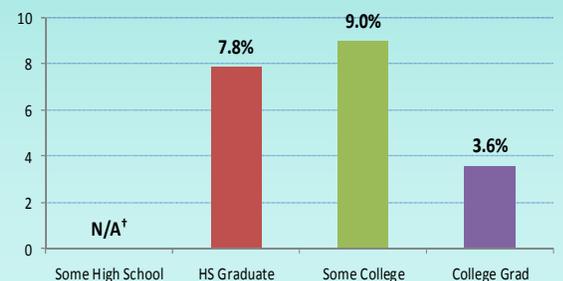
Diabetes Prevalence by Income Level



Diabetes Prevalence by Sex



Diabetes Prevalence by Education Level



Source: 2011 Ohio Behavioral Risk Factor Surveillance System, Chronic Disease and Behavioral Epidemiology Section; Bureau of Healthy Ohio, Ohio Department of Health, August 2012.

WHAT IS MY RISK ?

Diabetes is a very serious disease!

Knowing your own personal risk is important in either identifying, delaying or preventing the onset of diabetes in either yourself or a loved one.

Family History

- ✓ Have any close family members (mom, dad, sibling, grandparent) been diagnosed with any form of diabetes?

Blood Pressure

- ✓ Do you have high blood pressure?
- ✓ Do you have low HDL ("good") cholesterol levels?

Overweight/Obese?

- ✓ Are you overweight or have you been classified by your doctor as obese?
- ✓ Have any close family members been classified as obese?

Racial/Ethnic Background

- ✓ Although anyone can have diabetes, diabetes prevalence rates are highest among African-Americans, Hispanics and Asians

Activity Level

- ✓ Do you lead a sedentary lifestyle?
- ✓ Do you get less than three hours of exercise per week?

Age

- ✓ Are you 45 or older?

***If any of the risks listed above apply to either you or a loved one, it is important that you have a talk with your health care provider about your risk and what you can do about it.**