



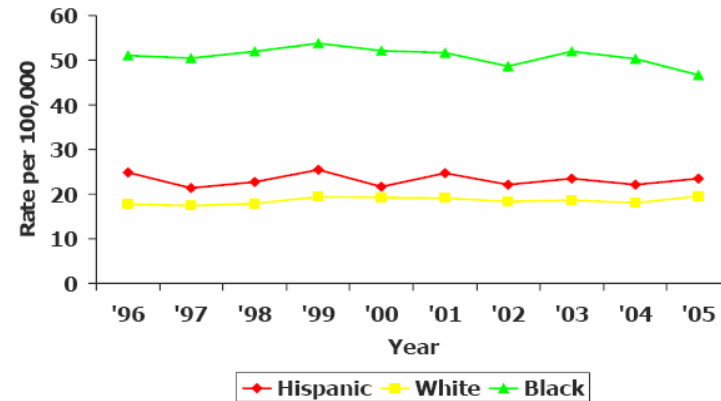
Diabetes

Diabetes is a disease characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can be associated with serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. The cause of diabetes is a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

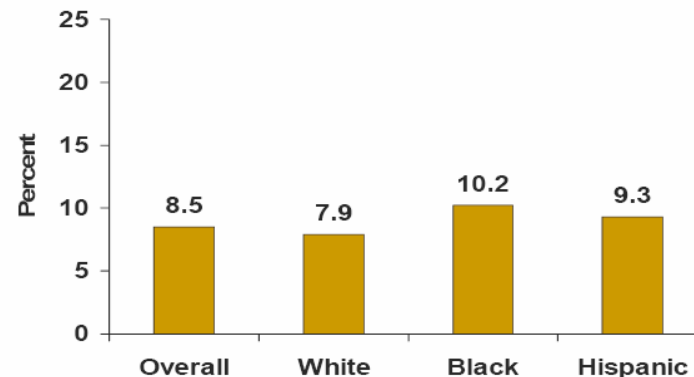
Why is this Important?

- Each day approximately 2,700 people are diagnosed with diabetes. About 1 million people aged 20 years or older will be diagnosed this year.
- Diabetes is the sixth leading cause of death in Florida. Death rates are higher among those who are Black or Hispanic.
- While diabetes occurs in people of all ages and races, some groups have a higher risk of developing the disease than others. Diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.
- Those with diabetes are two to four times more likely to develop heart disease or have a stroke. Diabetes is the leading cause of non-traumatic lower extremity amputations, adult blindness, and end stage renal disease.

Age-adjusted diabetes death rates, by race/ethnicity, FL Vital Statistics, 1996-2005



Prevalence of diabetes overall and by race/ethnicity, 2006, FL BRFSS





Diabetes, cont'd

How is Florida Doing?

- Over the past 10 years, the prevalence of diabetes in Florida has increased by 62%, increasing from 5.3% of the adult population in 1995 to 8.6% in 2006.
- Based on national estimates, Florida currently (2005) has about 400,000 cases of undiagnosed diabetes among adults.
- In 2005, about 5,200 deaths cited diabetes as the underlying cause.
- Patients who are 45 years of age or older account for nearly 70% of hospitalizations with a primary diagnosis of diabetes.
- Since 1994, incident rates, adjusted by age, gender, and race, of end stage renal disease due to diabetes have been steadily increasing in Florida.

FLORIDA
diabetes
PREVENTION &
CONTROL
program



Diabetes, cont'd

What Influences Diabetes?

- Diabetes mellitus, commonly called “diabetes,” is a metabolic condition, which results in excessive amounts of glucose (sugar) in the bloodstream. Those with type 1 diabetes cannot produce any insulin due to cell destruction in the pancreas. Those with type 2 diabetes are unable to produce and/or use insulin to enable the body cells to use glucose as energy.
- Being obese is associated with developing type 2 diabetes.

What is the State's Role?

States can

- Promote the use of diabetes clinical care guidelines for both disease detection and management, such as those published by the American Diabetes Association.
- Work to improve the effectiveness and efficiency of the diabetes health system.
- Implement initiatives to improve health care provider education.
- Implement initiatives to empower those with diabetes to seek health care and engage in self-care practices.

Florida Initiatives

Free CME/CE's designed for healthcare professionals with Course Curricula that address topics vital to the prevention, treatment and control of Diabetes. For more information, please visit: <http://www.onlinece.net/>

Healthy Hispanic Foods Resource Kit: The Florida Department of Health created a free set of resources for Hispanic families to make healthier food selections and to cook traditional foods in a healthier way. The Healthy Hispanic Foods Resource Kit is designed for dietitians, health educators, nurses and other health professionals who routinely conduct nutrition education classes for Hispanics with or at risk for diabetes.