Chronic Disease: Diabetes

Key Findings

In 2021, 8% of Wood County adults had been diagnosed with diabetes. Nearly one-third (32%) of adults with diabetes rated their health as fair or poor.

Diabetes

- In 2021, 8% of Wood County adults had been diagnosed with diabetes, increasing to 20% of those over the age of 65.

- Three percent (3%) of adults had been diagnosed with pre-diabetes or borderline diabetes.

- Nearly one-third (32%) of adults with diabetes rated their health as fair or poor.

- People with diabetes were using the following to treat their disease: 6-month check up with provider (89%), diet control (78%), checking blood sugar (78%), checking A1c annually (72%), diabetes pills (67%), annual vision exam (67%), exercise (67%), checking their feet (63%), dental exam (39%), insulin (28%), taking a class (11%), and injectable (Vyettea, Victoza, Bydurean) (11%).

- Wood County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  — 88% were obese or overweight;
  — 74% had been diagnosed with high blood pressure;
 — 72% had been diagnosed with high blood cholesterol.

Diabetes by the Numbers

- **34 million** US adults have diabetes, and 1 in 5 of them don't know they have it.

- Diabetes is the **seventh leading cause** of death in the US.

- **Type 2 diabetes** accounts for approximately 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for approximately 5-10%.

- In the **last 20 years**, the number of adults diagnosed with diabetes has more than **doubled** as the American population has aged and become more overweight or obese.

(Source: CDC, Diabetes by the Numbers, Updated: June 11, 2020)

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Diagnosed with diabetes	7%	8%	6%	8%	8%	12%	11%
Diagnosed with pre-diabetes or borderline diabetes	8%	11%	5%	5%	3%	2%	2%

The following graph shows the number of Wood County adults who had been diagnosed with diabetes. An example of how to interpret the information includes: 8% of all Wood County adults had been diagnosed with diabetes, including 20% of those over the age of 65 and 13% of those with incomes less than $25,000.

Wood County Adults Diagnosed with Diabetes
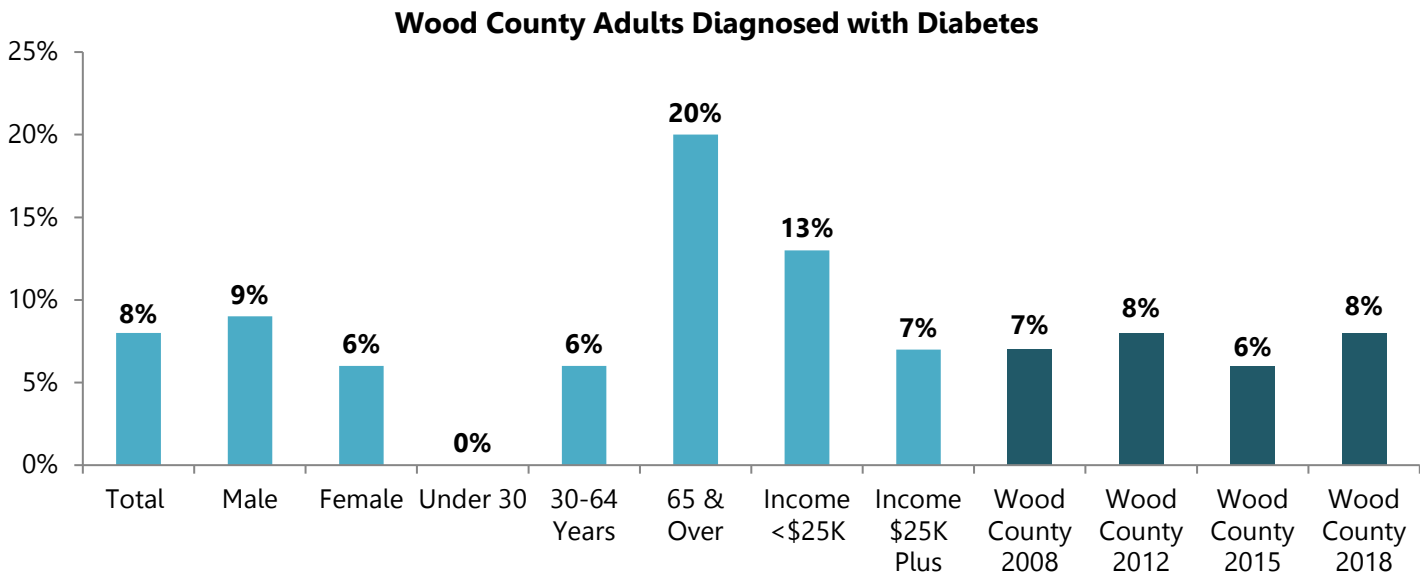
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.


Types of Diabetes

Diabetes is a chronic disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2 and gestational diabetes (diabetes while pregnant).

- **Type 1 diabetes** is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

- **Type 2 diabetes** your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.

- **Gestational diabetes** develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen, and more likely to develop type 2 diabetes later in life too.

(Source: CDC, About Diabetes, Updated: June 11, 2020)

The following graph shows the age-adjusted mortality rates from diabetes for Wood County and Ohio residents with comparison to the Healthy People 2030 target objective.

- From 2017-2019, Wood County's age-adjusted diabetes mortality rate was the same as the Ohio rate, and higher than the U.S. rate and Healthy People 2030 target objective.

Healthy People 2030 Objective and Age-Adjusted Mortality Rates for Diabetes
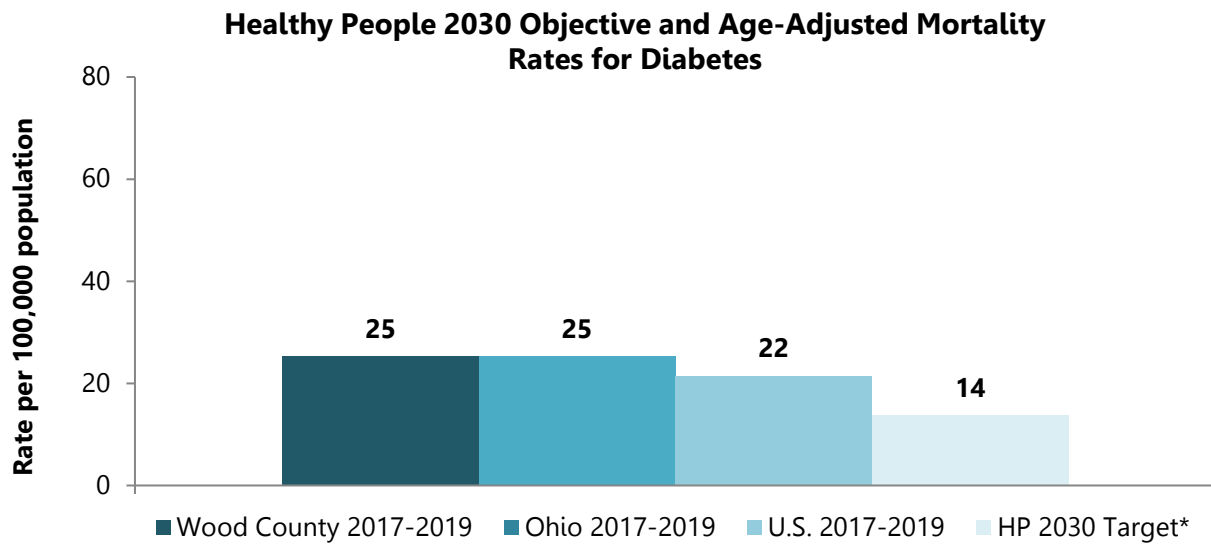
Note: The Healthy People 2030 rate is for any cause of death among adults with diabetes
(Source: Ohio Public Health Data Warehouse, 2017-2019, CDC Wonder, 2017-2019, Healthy People 2030)