



## What is Diabetes?

- When you have diabetes, your body has a hard time keeping your blood sugars (blood glucose) at the normal level.
- This can happen when your pancreas does not make enough insulin.
- Diabetes can also happen when your body does not use insulin very well.

Figure 1. Diabetes prevalence in Indiana, 1999-2014

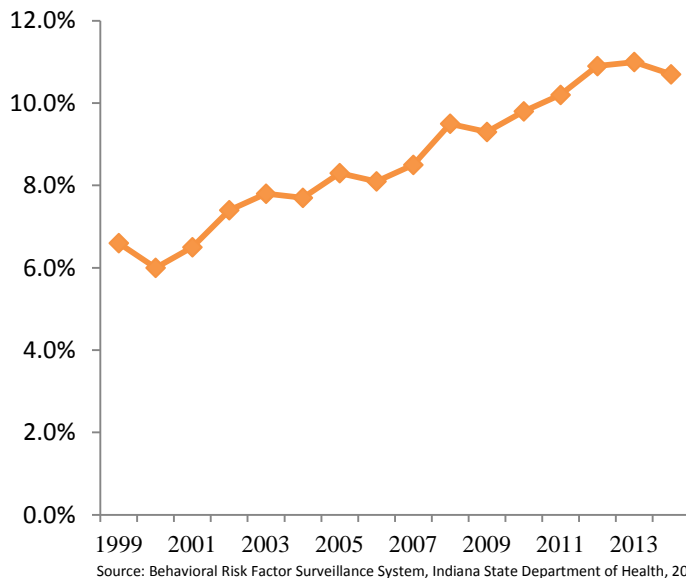
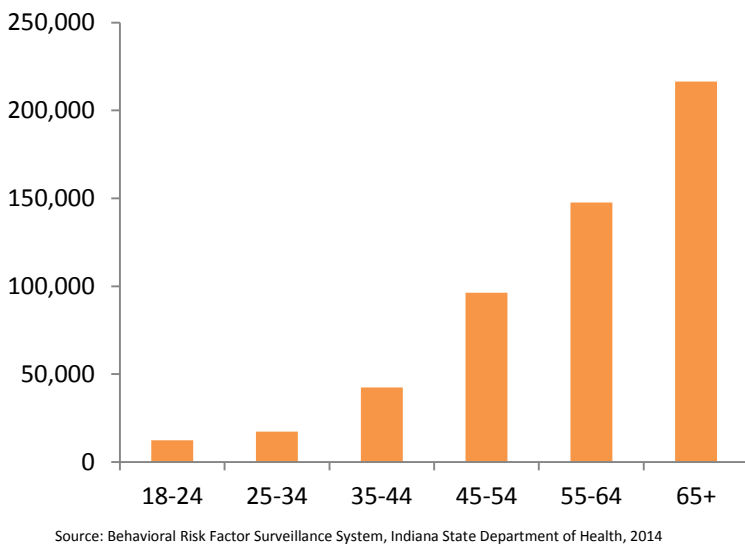


Figure 2: Indiana Adults Diagnosed with Diabetes by Age, 2014, Indiana



## Diabetes in Indiana

- Diabetes has continued to rise in Indiana with a current rate of 10.7%.<sup>1</sup> [Figure 1]
- Diabetes is the 7th leading cause of death (1,818 deaths out of 60,798).<sup>3</sup>
- The risk of diabetes increases with age. People over 65 have the highest rate of diabetes. [Figure 2]

## Types of Diabetes

**Prediabetes:** Prediabetes means your blood glucose (blood sugar) levels are higher than normal—but not high enough to be diagnosed as diabetes. Prediabetes can lead to type 2 diabetes. Prediabetes can often be reversed or the onset of diabetes delayed through behavioral changes such as diet and exercise.<sup>2</sup>

**Type 1:** Type 1 was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes. Type 1 diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. This form of diabetes usually affects children and young adults, although disease onset can occur at any age. Type 1 diabetes accounts for nearly 5-10% of all diagnosed cases of diabetes.<sup>4</sup>

**Type 2:** In adults, type 2 diabetes accounts for nearly 90-95% of all diagnosed cases of diabetes. It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it. Type 2 diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity.<sup>4</sup>

**Gestational Diabetes:** Is a form of glucose tolerance diagnosed during pregnancy. During pregnancy, gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications in the infant. Women who have had gestational diabetes have a 40-60% chance of developing diabetes within the next 5-10 years.<sup>4</sup>

**Other Forms of Diabetes:** Other forms are a result from specific genetic conditions, surgery, infections, pancreatic disease, and other illnesses. Such types of diabetes account for 1-5% of all diagnosed cases.<sup>4</sup>



## Risk factors for type 2 diabetes

- ❑ [Prediabetes](#)
- ❑ A parent or sibling with diabetes
- ❑ Physical inactivity
- ❑ Being overweight or obese
- ❑ Women with polycystic ovarian syndrome
- ❑ History of low HDL cholesterol, high triglycerides, or high blood pressure
- ❑ Visceral fat distribution, such as abdominal storage of fat
- ❑ Smoking
- ❑ Some medications prescribed for other conditions increase the risk for insulin resistance, which may lead to diabetes.

## TAKE ACTION: Steps you can take to prevent or manage diabetes

- ❑ Manage your diabetes with guidance from your health care provider.
- ❑ Maintain a healthy [blood pressure](#).
- ❑ Maintain a healthy [cholesterol](#) level.
- ❑ Be [tobacco free](#).
- ❑ Maintain a [healthy weight](#).
- ❑ Eat a healthy [diet](#).
- ❑ Participate in regular [physical activity](#).
- ❑ Monitor any changes in health status when being treated or taking medications for other conditions.

## Community resources

- ❑ For a listing of diabetes programs by county, visit the [Indiana Diabetes Education and Support Program Directory](#).
- ❑ [Diabetes Prevention Program \(DPP\)](#): A program that aids in prevention of type 2 diabetes for individuals who are at risk of diabetes.
- ❑ [Indiana's Community Health Centers](#): These local consumer-driven, primary health care services by state-licensed professionals which are comprehensive in scope and coordinated within the community.
- ❑ For mental health services, visit the [Community Mental Health Services Locator](#).
- ❑ [Million Hearts](#): A national initiative to prevent one million hearts attacks and stroke over five years.
- ❑ [WISEWOMAN](#): (Well-Integrated Screening and Evaluation for Women Across the Nation Program). WISEWOMAN provides cardiovascular screening to women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP)
- ❑ [Indiana Tobacco Quitline](#): A free phone-based service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669)

## References

1. Indiana State Department of Health. (2014). *Behavioral Risk Factor Surveillance System*.
2. Centers for Disease Control and Prevention. About Prediabetes & Type 2 Diabetes. (2016). Retrieved June 29, 2016, from <https://www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html>
3. Indiana State Department of Health. Vital Records, 2014.
4. Indiana State Department of Health: What is Diabetes. (n.d.). Retrieved June 29, 2016, from <http://www.in.gov/isdh/24821.htm>