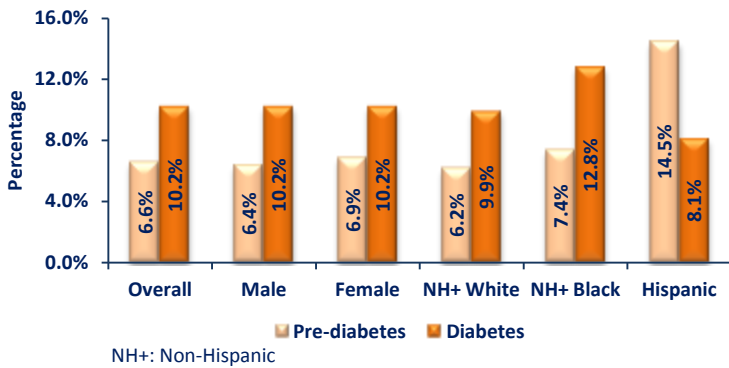




DIABETES is a group of diseases resulting in high levels of blood glucose, also referred to as “blood sugar”, due to defects in insulin production, action or both. Diabetes can lead to serious complications and premature death. There are approximately 499,200 adults in Indiana who have diabetes [Fig 1].¹ There are approximately 289,500 additional adults in Indiana who have pre-diabetes, or are at risk of developing diabetes. Individuals can reduce their risk of getting type 2 diabetes by making lifestyle changes that include losing weight, maintaining a healthy blood pressure, quit smoking or using tobacco and becoming more physically active.²

Figure 1. Current pre-diabetes and diabetes* prevalence, Indiana, 2011^{†1}



Risk factors of adults with current diabetes¹

- ❑ 29.3% are considered overweight and 57.1% are considered obese
- ❑ 71.9% were told by a health professional that they have high blood pressure
- ❑ 21.9% are current smokers
- ❑ 64.3% did not meet the Centers for Disease Control and Prevention’s [recommended amount of physical activity](#) (150 minutes or more of moderate-intensity aerobic activity each week AND muscle strengthening activities on 2 or more days per week)

Healthy People 2020 Diabetes (D) Objectives³

D-3: Reduce the diabetes death rate[‡]

- ❑ Target Rate: 65.8 deaths per 100,000 population
- ❑ Current Rate in Indiana: 67.0 deaths per 100,000 population (2010)

*Diabetes refers to both type 1 and type 2 diabetes, but not gestational diabetes
[†]Pre-diabetes prevalence was determined using the 2011 BRFSS landline weight; diabetes prevalence was determined using the 2011 BRFSS landline-cell phone weight.
[‡]Reflects diabetes as underlying or contributing cause of death.

References

1. Indiana State Department of Health. (2012). [Behavioral Risk Factor Surveillance System, 2011](#).
2. American Diabetes Association. [Standards of medical care in diabetes, 2012](#). *Diabetes Care*. 2012;35(supplement):s11-s63.
3. United States Department of Health and Human Services. (2012). [Diabetes Objectives – Healthy People 2020](#).
4. Centers for Disease Control and Prevention. (2012). [CDC Wonder, Multiple Causes of Death, 1999-2010](#).

Diabetes Management¹

People who have diabetes can work with health care providers and support systems to take action, control the disease and lower their risk for complications. Among Indiana adults with diabetes:

- ❑ 72.8% have seen a health professional at least two times in the past 12 months
- ❑ 20.2% are currently taking medicine for their high blood pressure
- ❑ 68.8% had a health professional check their feet for any sores or irritations in the past 12 months
- ❑ 65.6% had an eye exam in which the pupils were dilated in the past 12 months
- ❑ 64.6% check their blood-glucose level at least once per day
- ❑ 59.5% have ever taken a course or class in how to self-manage their diabetes

Figure 2. Diabetes mortality rate, all ages, Indiana, 2006–2010⁴

