
Connecting Diabetes, Obesity, and Physical Activity

Judy Monroe, MD

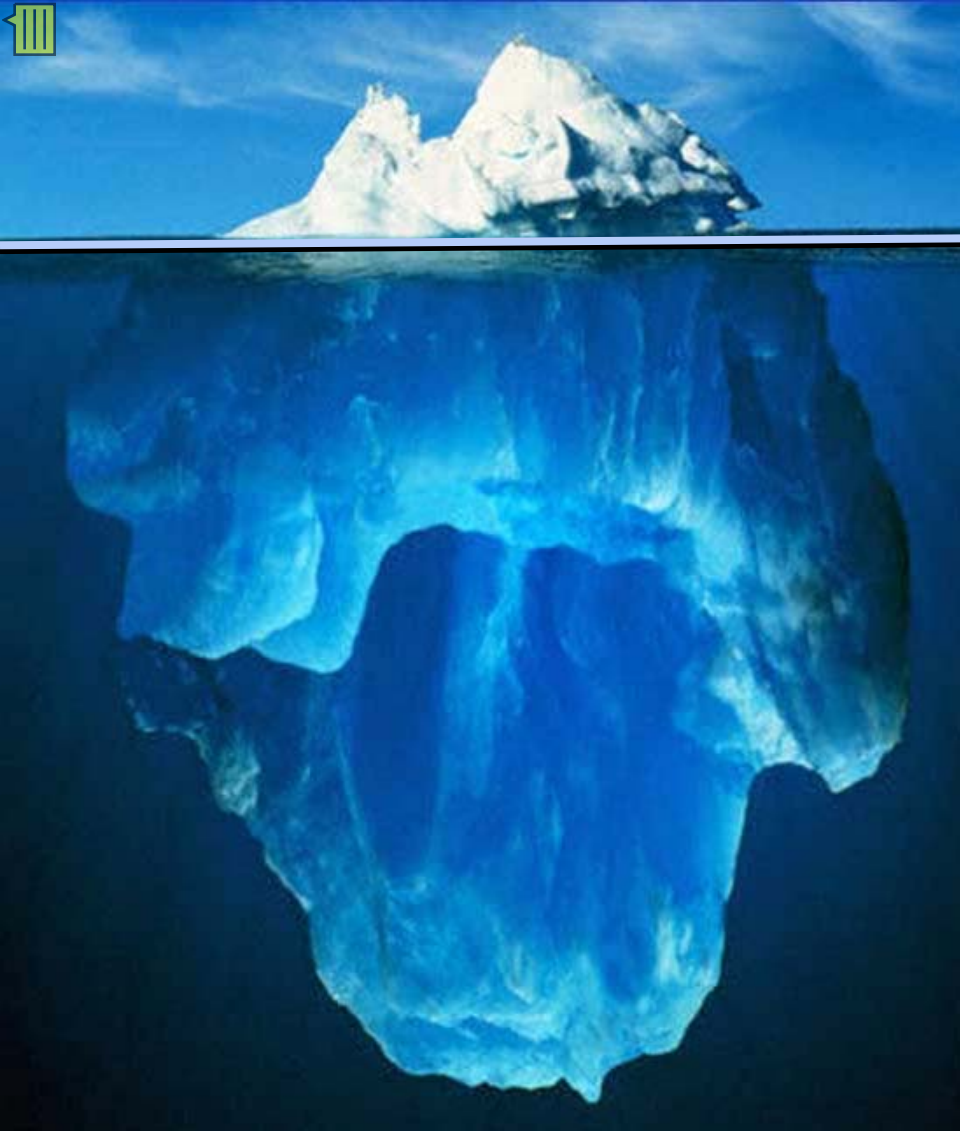
Deputy Director, Centers for Disease Control and Prevention
Director, Office for State, Tribal, Local and Territorial Support

March 5, 2011

Women in Government Task Force Meeting on Diabetes
Naples, FL



Centers for Disease Control and Prevention
Office for State, Tribal, Local and Territorial Support



**25.8 million
with diabetes**

**79 million
with prediabetes**

CDC, National Diabetes Fact Sheet,
2011

Types of Diabetes

□ Type 1

- Usually first diagnosed in children and young adults, but can occur at any age
- Due to autoimmune, genetic, or environmental factors
- Accounts for 5% of diabetes cases
- Results when the body loses its ability to produce insulin
- Must use insulin to survive
- No known way to prevent



Types of Diabetes

□ Type 2

- Most often occurs in people older than 40, but is being diagnosed in youth
- Linked to obesity and physical inactivity
- 90%–95% of diabetes cases
- Results from a combination of resistance to insulin and insufficient insulin production
- Can be prevented or delayed in those at high risk



Types of Diabetes

□ Gestational diabetes

- A form of glucose intolerance diagnosed during pregnancy
- Increases the risk of developing type 2 diabetes later
- Raises the risk of complications for mother and baby, including a substantially higher chance of Caesarean section



Prediabetes

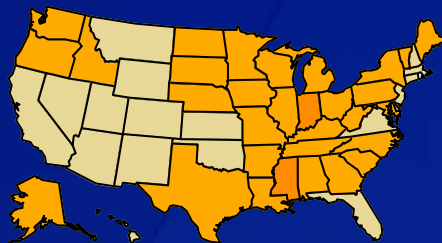
- ❑ Blood glucose levels higher than normal, but not high enough to be classified as diabetes
- ❑ Higher risk of developing type 2 diabetes, heart disease and stroke
- ❑ A structured lifestyle program involving loss of 5-7% of body weight and 150 minutes a week of moderate activity can prevent type 2 diabetes



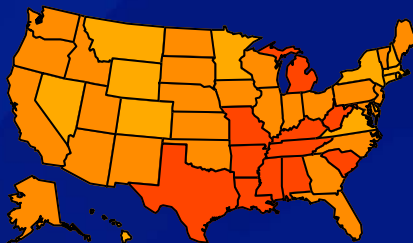
Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

Obesity (BMI ≥ 30 kg/m²)

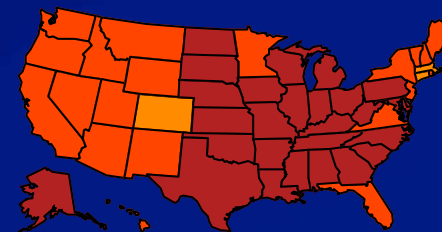
1994



2000

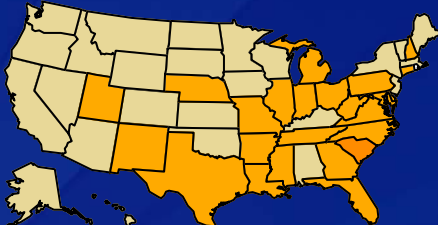


2008

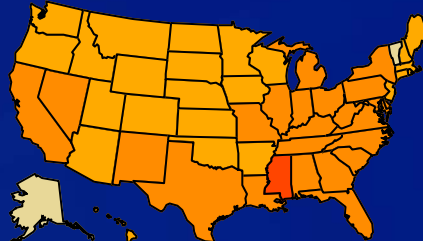


Diabetes

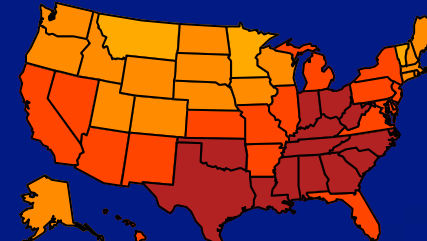
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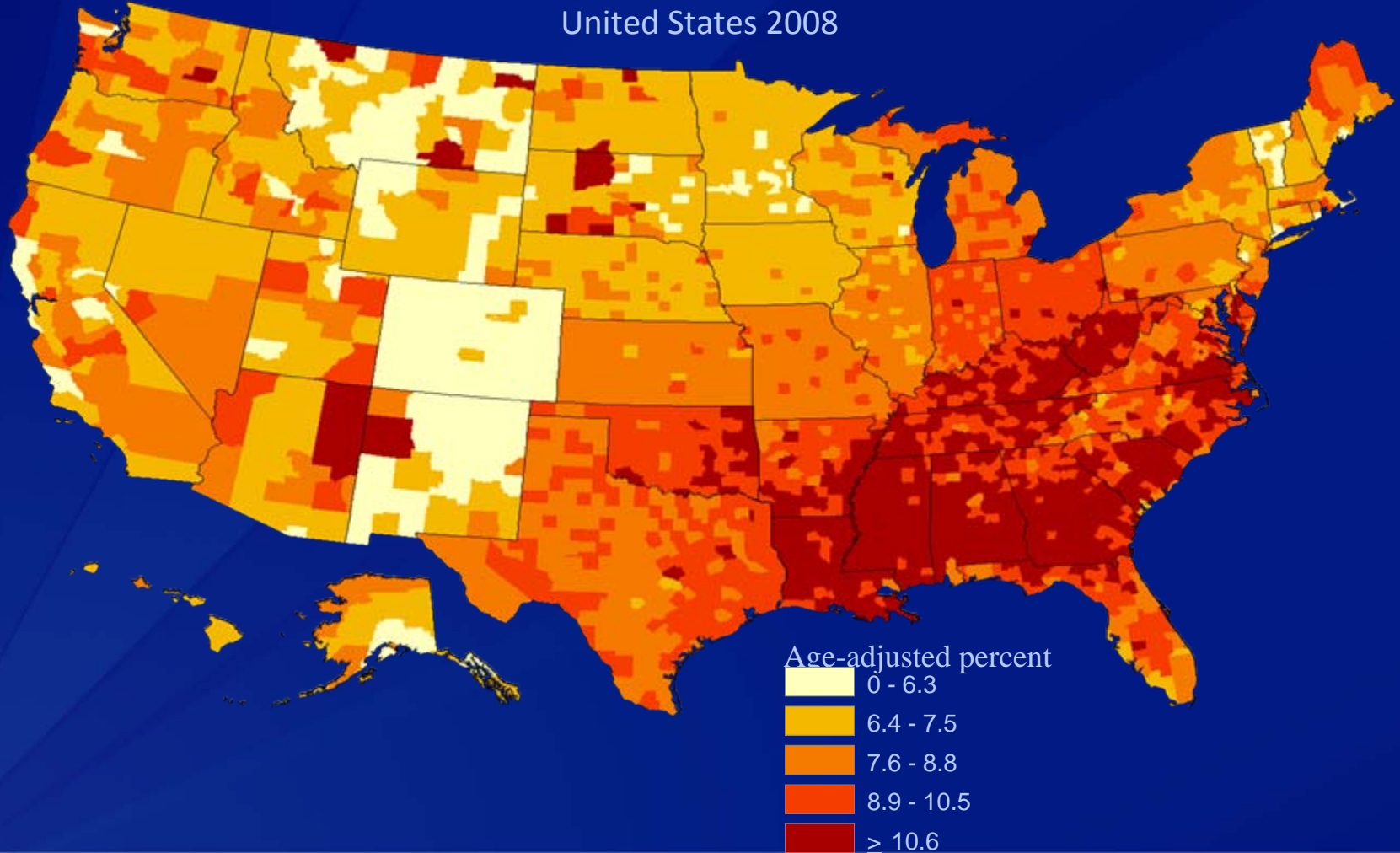


2008

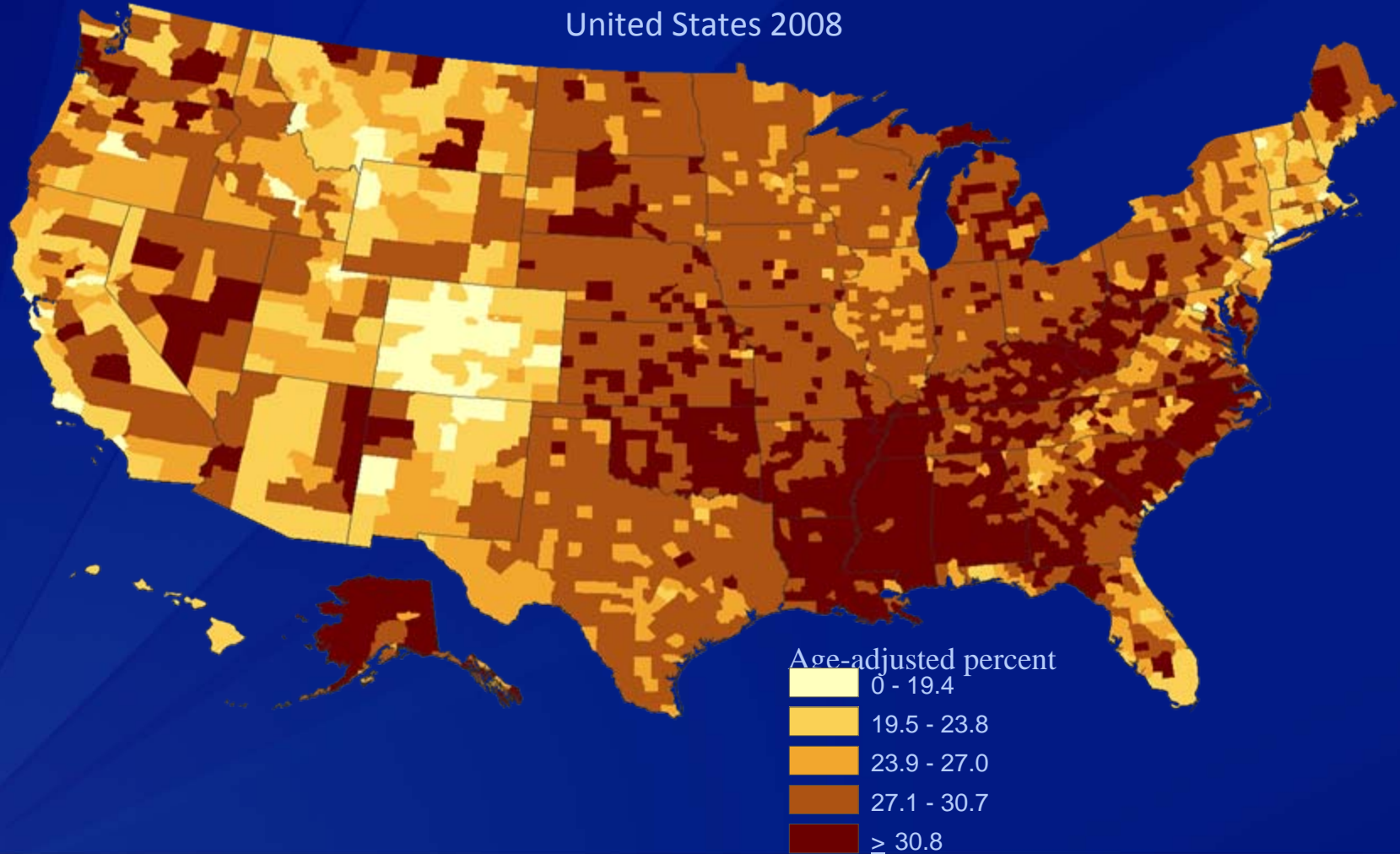


CDC's Division of Diabetes Translation. National Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/statistics>

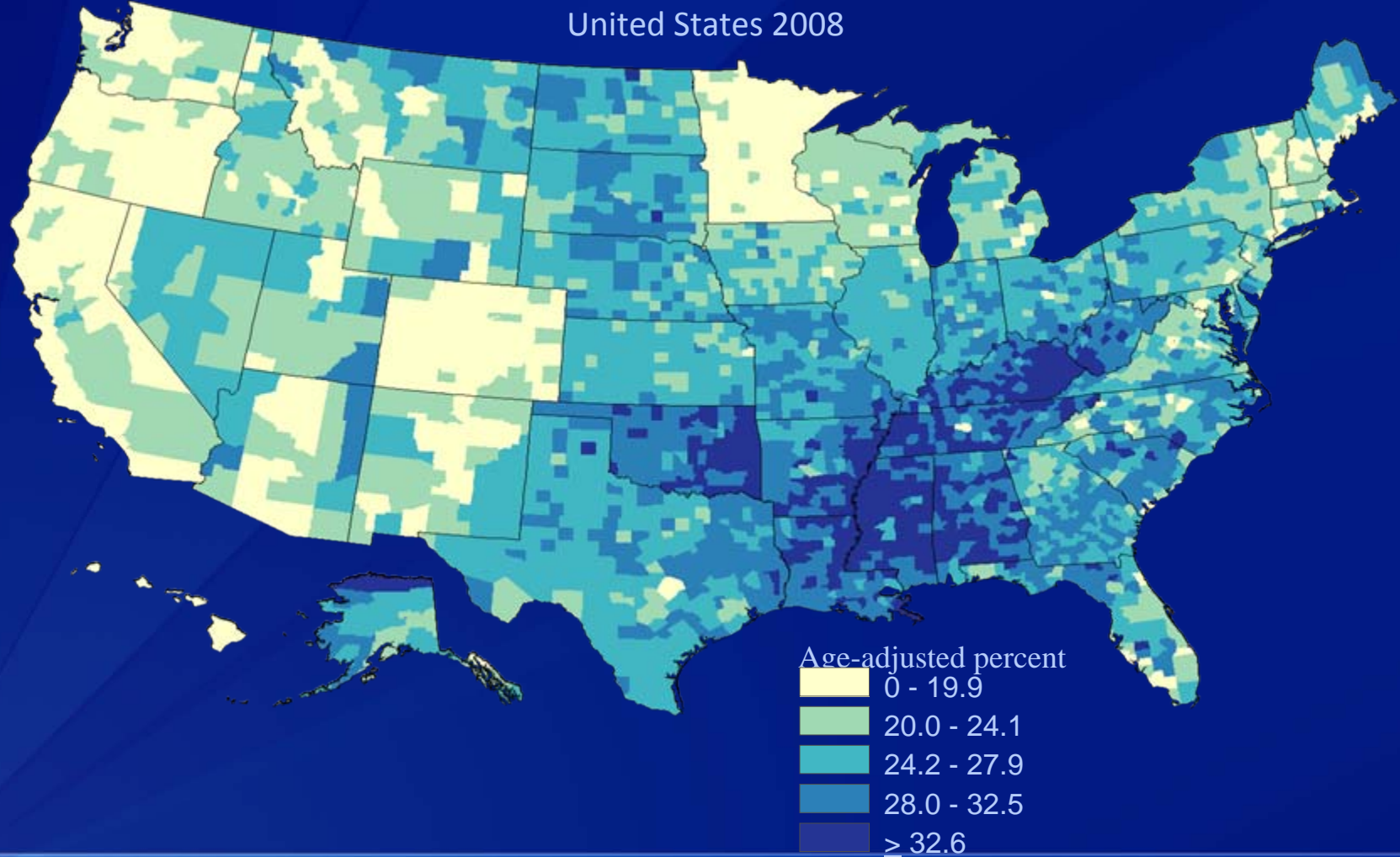
County-level Estimates of Diagnosed Diabetes among Adults aged ≥ 20 years:
United States 2008



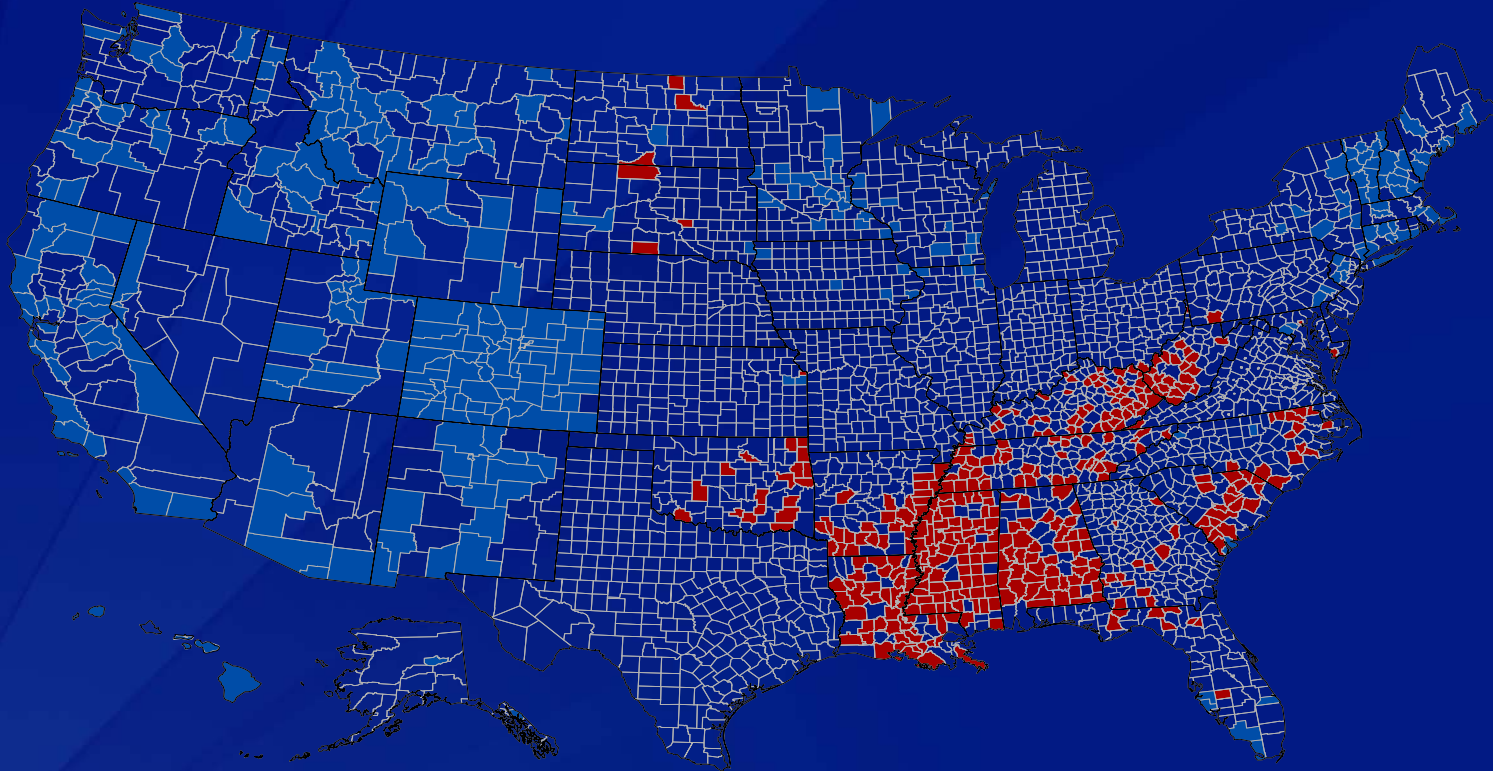
County-level Estimates of Obesity among Adults aged ≥ 20 years:
United States 2008





County-level Estimates of Leisure-time Physical Inactivity among Adults aged ≥ 20 years: United States 2008



U.S. Counties in Top and Bottom 25% for Diabetes, Obesity, and Leisure-Time Physical Inactivity, 2008



-  Counties in bottom quartile for diabetes, obesity, and leisure-time physical inactivity
-  Counties in top quartile for diabetes, obesity, and leisure-time physical inactivity

1 in 3 U.S. Adults Will Have Diabetes in 2050 ...

- ❑ **If current trends continue**
 - Americans are living longer
 - People with diabetes also are living longer
 - Increases in minority groups at high risk for type 2 diabetes
 - New cases of diabetes (incidence)

- ❑ **1 in 5 U.S. adults will have diabetes in 2050 if trends change**

- ❑ **1 in 10 U.S. adults have diabetes now**

Ecological Model



The health of individuals is inseparable from the health of communities

(Healthy People 2010)

Prevention of Type 2 Diabetes

- ❑ Almost 30% of U.S. adults have prediabetes – only 7.3% are aware they have it
- ❑ The Affordable Care Act authorized CDC to establish a National Diabetes Prevention Program
- ❑ CDC is working with partners including the Y and UnitedHealth Group to bring evidence-based lifestyle intervention programs for preventing type 2 diabetes to communities
- ❑ The group programs are based on the Diabetes Prevention Program clinical trial

CDC's National Diabetes Prevention Program

- ❑ Helping train the work force that can implement the program cost effectively
- ❑ Establishing a recognition program to help ensure quality and provide information on the performance of community-based lifestyle intervention programs
- ❑ Program sites can be found in 22 locations across the country and another 12 are on track to begin in 2011

CDC 2010 State Indicator Report on Physical Activity

- ❑ A new CDC report on physical activity provides a fresh way of looking at physical activity and the environmental supports or policies in our states that make being active easy or hard to do
- ❑ With the new CDC *State Indicator Report on Physical Activity, 2010*, states will be able to assess their strengths and weakness in supporting physical activity

CDC Diabetes Strategic Plan

- ❑ **Vision:** A world free of the devastation of diabetes
- ❑ **Mission:** To reduce the preventable burden of diabetes through public health leadership, partnership, research, programs and policies that translate science into practice

Resources

❑ Division of Diabetes Translation web site
www.cdc.gov/diabetes

❑ National Diabetes Education Program web site
www.yourdiabetesinfo.org

❑ Division of Nutrition, Physical Activity and Obesity
web site
<http://www.cdc.gov/physicalactivity/>

Special Thanks

Ann Albright, PhD, RD

**Director, Division of Diabetes Translation
Centers for Disease Control and Prevention**

Laura Zauderer-Baldwin

**Public Health Advisor, Division of Diabetes Translation
Centers for Disease Control and Prevention**

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333
Telephone, 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov Web: www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



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