

Addressing Disparities in Diabetes

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What's happening to our children?

During their lifetimes:

- 1/2 will become obese
- Many will develop diabetes



27%



40%



45%



31%



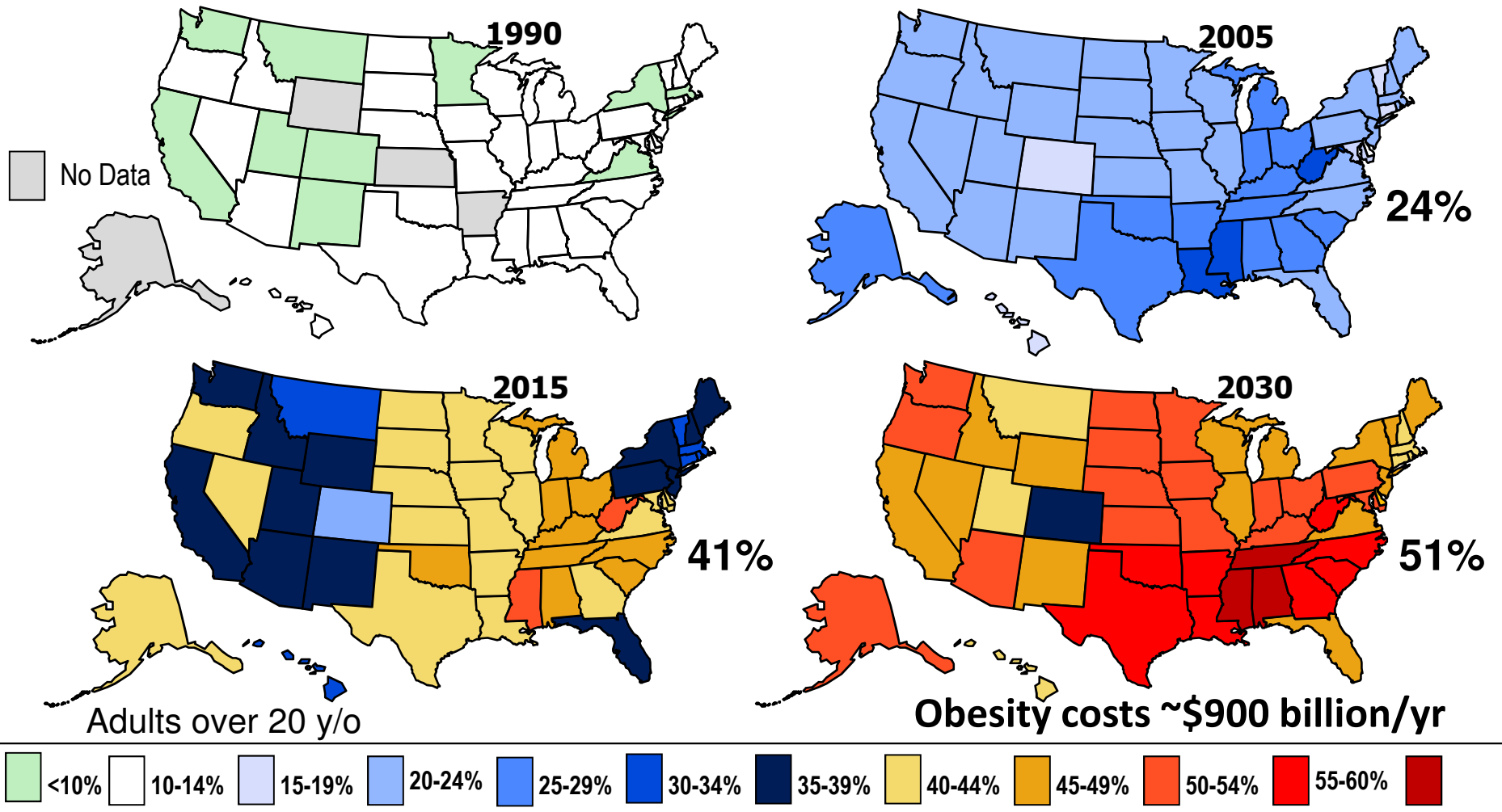
49%



52%

Increasing Prevalence of Obesity

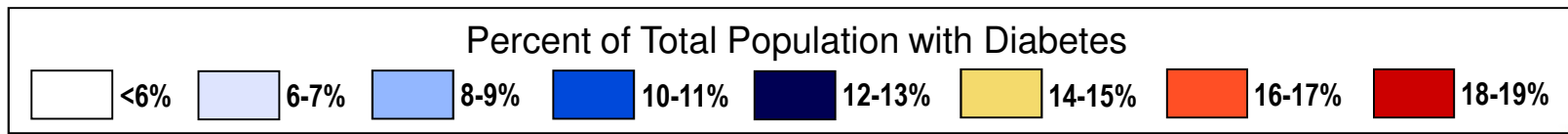
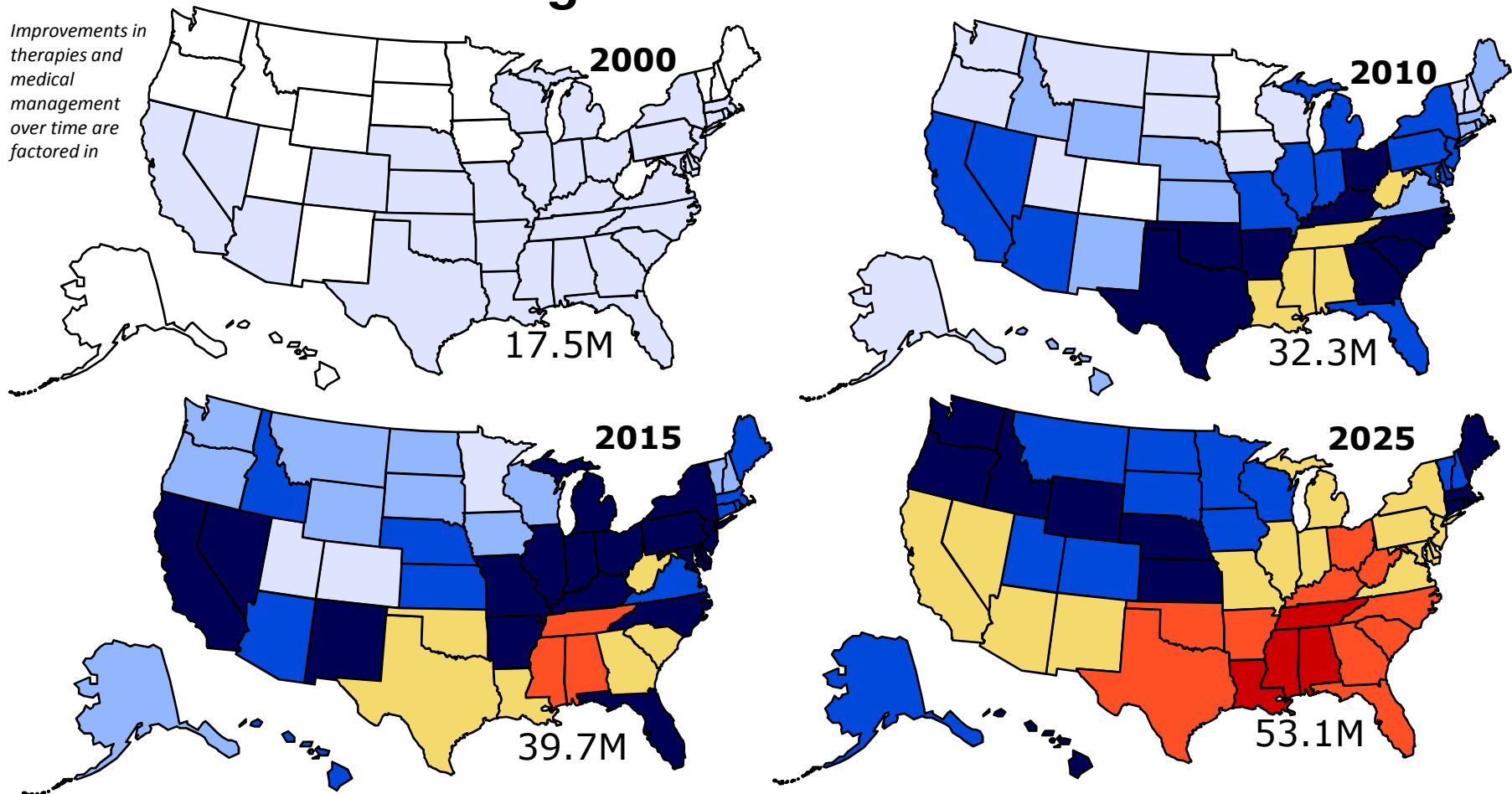
Increasing Prevalence of Obesity



Increasing Prevalence of Diabetes

Increasing Prevalence of Diabetes

Improvements in therapies and medical management over time are factored in



Sources: CDC Behavioral Risk Factor Surveillance System; Narayan, Impact of Recent Increase in Incidence on Future Diabetes Burden, Diabetes Care 2006;29:2116; Boyle, Projection of the year 2050 burden of diabetes in the US adult population, <http://www.pophealthmetrics.com/content/8/1/29>; Institute for Alternative Futures projections

Increasing Prevalence of Diabetes

DIABETES IN VIRGINIA

	2000	2010	2025
Total Diabetes	455,500	788,300	1,334,400
			<i>69% increase</i>
Pre-diabetes	1,036,500	2,040,200	2,385,100
Annual Cost	\$3.5B*	\$7.4B	\$13.0B
			<i>76% increase</i>

** Cost of diagnosed diabetes only*

Increasing Prevalence of Diabetes

DIABETES COMPLICATIONS IN VIRGINIA



89,700

Total Visual Impairment



1,290

New Kidney Failure



1,680

New Amputations

Virginia: Race and Hispanic Origin

2010

AFRICAN AMERICANS



- **201,700** cases of diabetes
- Twice as likely to be diagnosed with diabetes*
- Almost twice as likely to die from diabetes*

**Compared to non-Hispanic Whites*

HISPANIC AMERICANS



- **55,700** cases of diabetes
- **90%** greater risk of developing diabetes*
- **70%** greater risk of renal failure*
- **50%** greater risk of dying from diabetes*

NATIVE AMERICANS

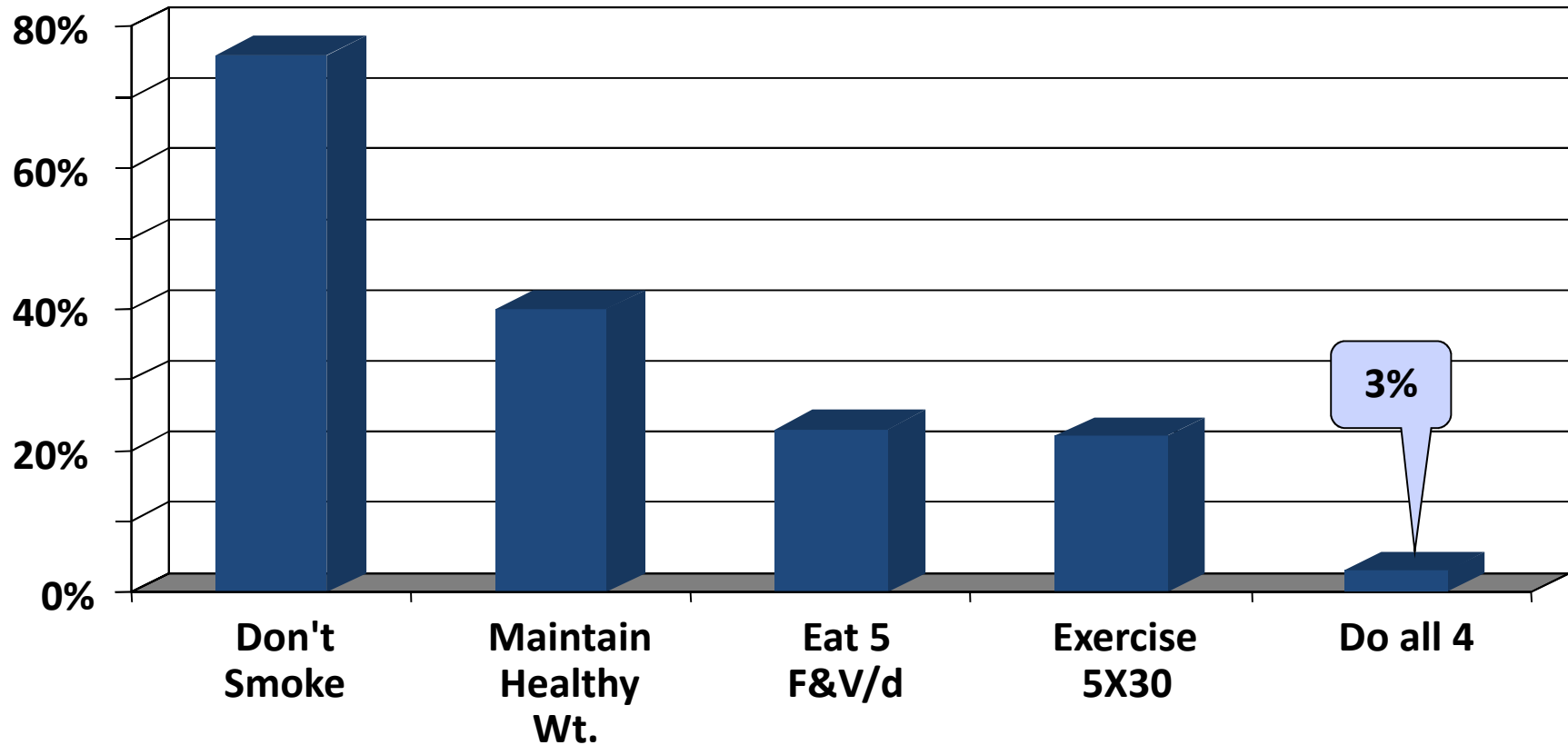


- **3,100** cases of diabetes
- Twice as likely to be diagnosed with diabetes*
- Over twice the risk of renal failure & amputations*
- Life span shortened 13-17 years

Rowley W, Bezold C. Creating Public Awareness: State Diabetes Forecasts. *Publication Health Management*, accepted for publication. This study utilizes a national diabetes model by Boyle, Projection of the year 2050 burden of diabetes in the US adult population, *Population Health Metrics*, 2010, <http://www.pophealthmetrics.com/content/8/1/29>; US Census Bureau population estimates; latest CDC national diabetes statistics and state prevalence rates.

Preventing Diabetes

Healthy Lifestyles



Preventing Diabetes

70% of premature death is lifestyle-related

50% of all illness & injuries in the last third of life can be eliminated by changing lifestyle

Healthy lifestyle can reduce cancer risk 36%, diabetes risk 93%, heart attack by 81%

30 minutes of exercise 5 days a week and lose 7-15 pounds can prevent pre-diabetes from becoming diabetes by 58%

Crowley & Lodge, *Younger Next Year*, Workman Publishing Company, 2004; Diabetes Prevention Program Research Group, Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346:393-403; NDIC. Diabetes Prevention Program. Accessed 3/25/11.

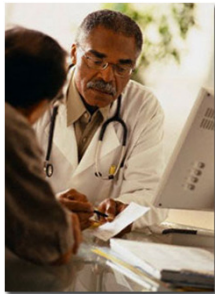
<http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/>; Ford, Healthy Living is the Best Revenge: Findings from the European Prospective Investigation into Cancer and Nutrition, *Arch Intern Med* 2009;169:1355-1362

Managing Diabetes

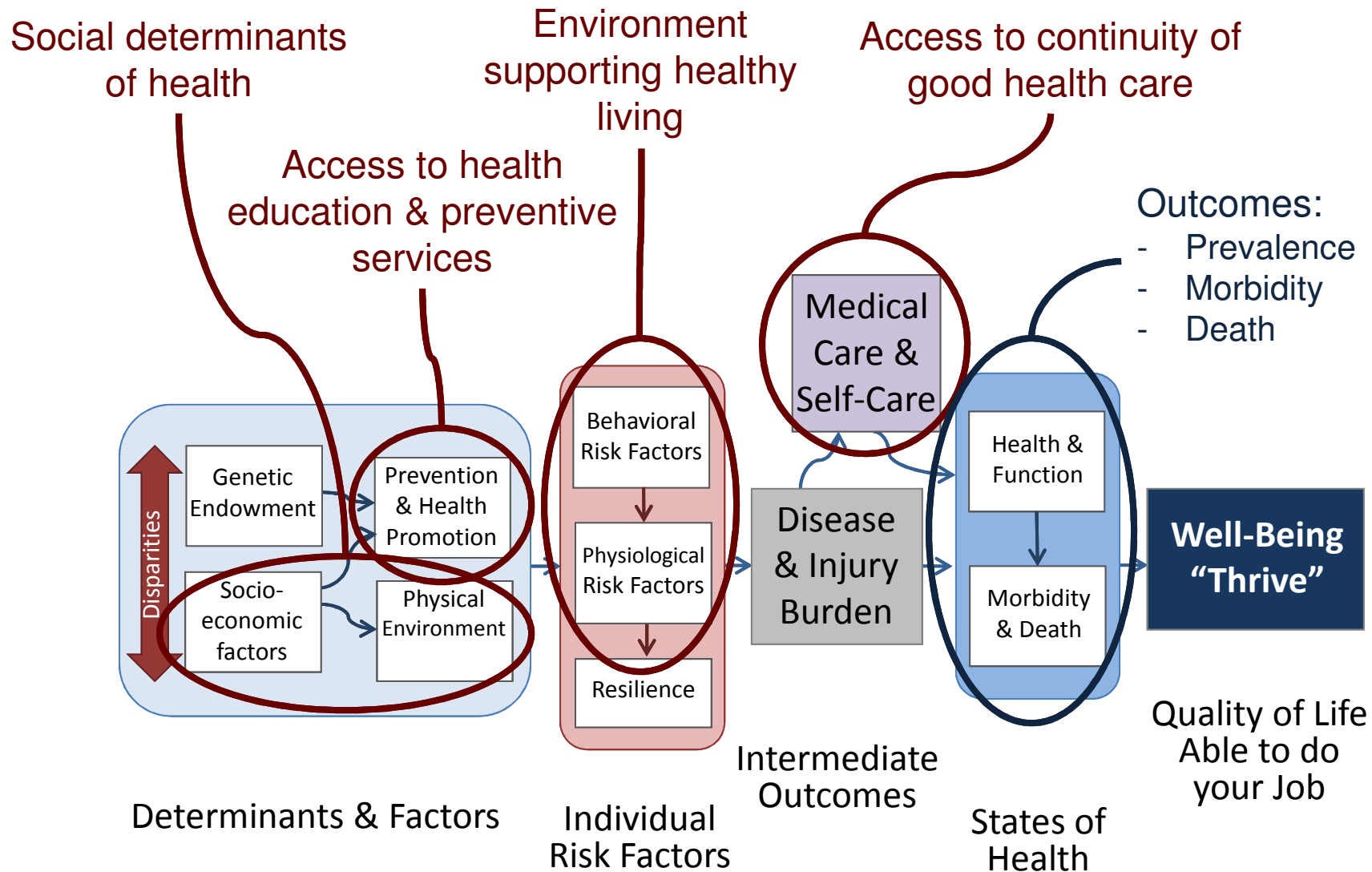
- Managing diabetes requires one to learn 200 new skills



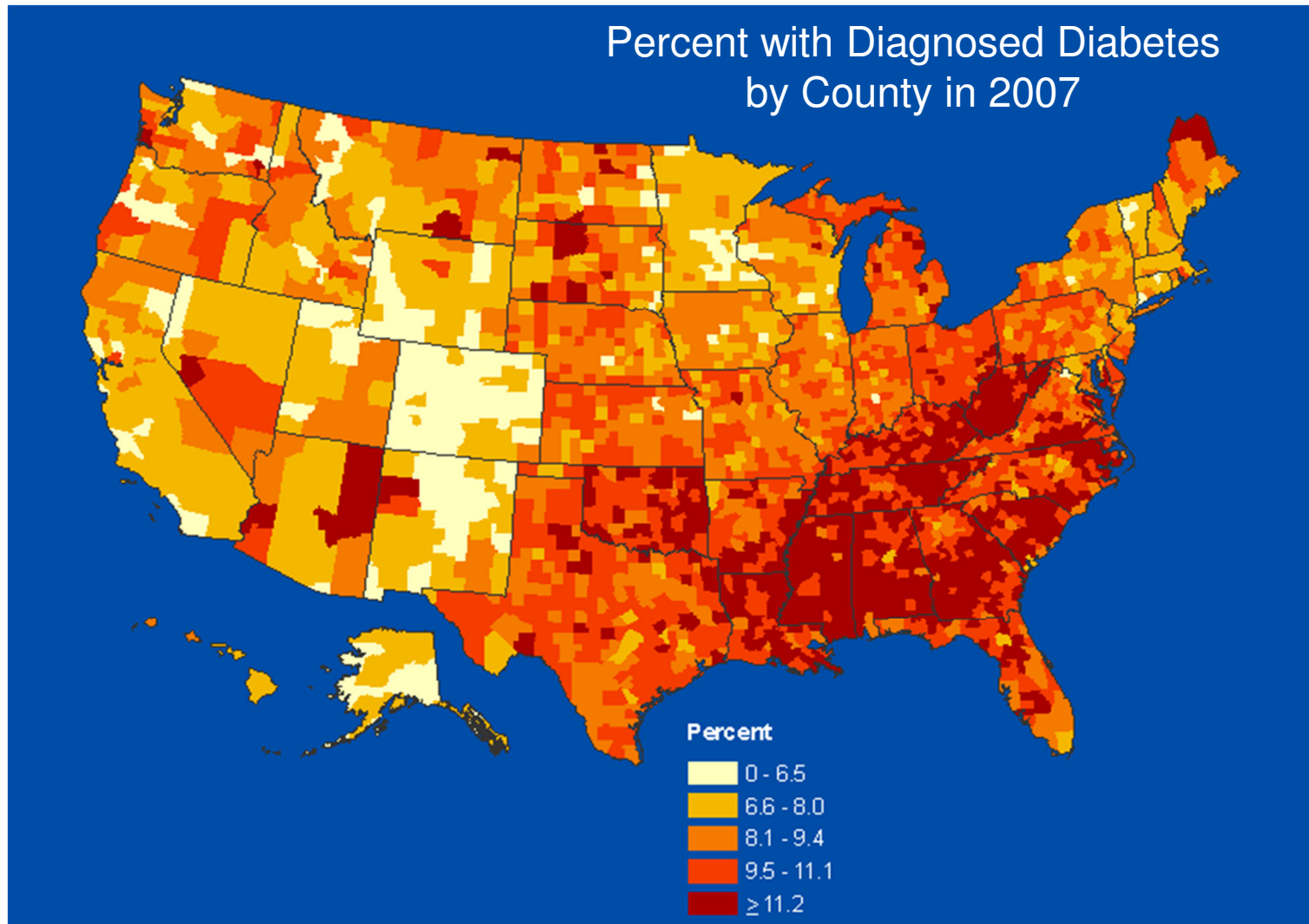
- Continuity of comprehensive management by a collaborative team makes a big difference



Population Health & Disparities



Diabetes in Counties



CDC. County Level Estimates of Diagnosed Diabetes. Accessed 3/25/11. http://apps.nccd.cdc.gov/DDT_STRS2/nationaldiabetesprevalenceestimates.aspx?mode=DBT

Addressing Diabetes for All

- Address the social determinants of health
- Efforts to make healthy living easier
- Affordable access to comprehensive health care
- Access to multiple diabetes supportive services
- Leverage technology to assist

Governments, community organizations, employers, families, and others all have a role to play in addressing this challenge

www.altfutures.org/diabetes2025