Addressing Disparities in Diabetes

Bill Rowley, MD
What’s happening to our children?

During their lifetimes:

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

27%  40%  45%  31%  49%  52%

Narayan. Impact of Recent Increase in Incidence on Future Diabetes Burden. Diabetes Care 2006;29:2114-2116
Increasing Prevalence of Obesity

Increasing Prevalence of Diabetes

# Increasing Prevalence of Diabetes

## DIABETES IN VIRGINIA

<table>
<thead>
<tr>
<th></th>
<th>2000</th>
<th>2010</th>
<th>2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Diabetes</td>
<td>455,500</td>
<td>788,300</td>
<td>1,334,400</td>
</tr>
<tr>
<td>Pre-diabetes</td>
<td>1,036,500</td>
<td>2,040,200</td>
<td>2,385,100</td>
</tr>
<tr>
<td>Annual Cost</td>
<td>$3.5B*</td>
<td>$7.4B</td>
<td>$13.0B</td>
</tr>
</tbody>
</table>

- **69% increase**
- **76% increase**

*Cost of diagnosed diabetes only

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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

Preventing Diabetes

Healthy Lifestyles

- Don't Smoke: 80%
- Maintain Healthy Wt.: 40%
- Eat 5 F&V/d: 20%
- Exercise 5X30: 3%
- Do all 4: 3%

Reeves, Healthy Lifestyle Characteristics Among Adults in the United States, 2000, *Arch Intern Med*, 2005
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%

Managing Diabetes

• Managing diabetes requires one to learn 200 new skills

• Continuity of comprehensive management by a collaborative team makes a big difference
Diabetes in Counties

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