

DIABETES IMPACT

IN SOUTH CAROLINA

People with Diabetes

- South Carolina had the 5th highest prevalence of diabetes among adults in the nation in 2017. One in seven adults has diabetes, or approximately 500,000 adults in South Carolina.
- Approximately one in six African-Americans has diabetes, compared to one in eight white adults.
- One in four over the age of 65 has diabetes in South Carolina. Additionally, one in seven has diagnosed prediabetes in this growing age group. Prediabetes is a condition where one's blood sugar level is higher than normal, but not high enough for a diagnosis of diabetes.
- Since 2011, diabetes prevalence among adults has increased from 12.1% to 13.4% in 2017. Diagnosed prediabetes has increased from 6.7% in 2011 to 9.6% in 2017.
- One in five adults with less than an \$15,000 annual household income has diabetes.

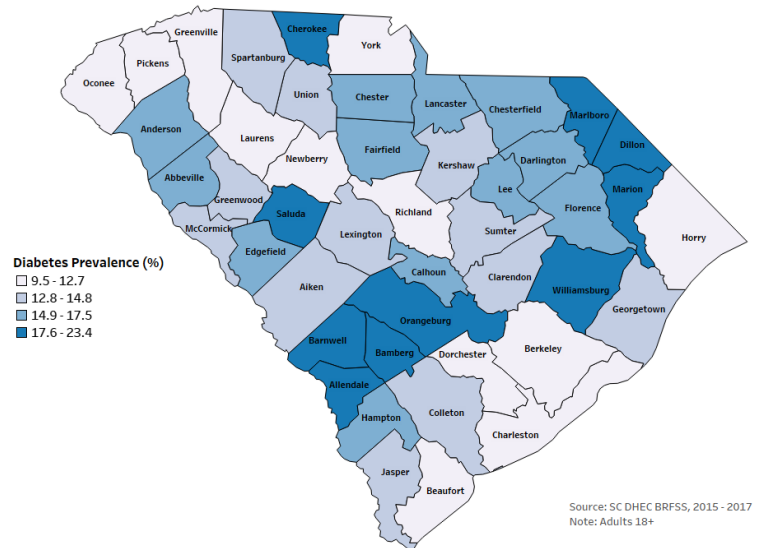
Diabetes Death

- Diabetes is the 7th leading cause of death in South Carolina. In 2017, 1,535 people died from diabetes, or four deaths every day. African-American residents had more than two times a higher death rate compared to whites residents.

Hospitalization and Cost of Diabetes

- In 2017, approximately 31,000 hospitalization and emergency department visits occurred in South Carolina for diabetes, with charges of more than \$567 million.
- The cost of care for South Carolinian adults with diabetes is estimated at \$5.89 billion in 2017 (Source: American Diabetes Association).
- The average annual medical expenditures by people with diabetes was \$16,750 in 2017 (Source: American Diabetes Association).

Diabetes Prevalence Among Adults, 2015-2017



Diabetes Risk and Complications

- Two-thirds of adults in South Carolina are overweight or obese. Four out of five people with diabetes in South Carolina are overweight or obese.
- Seven out of 10 people with diabetes have hypertension.
- Two out of three people with diabetes have high cholesterol.
- New cases of end-stage renal disease among those with diabetes have increased from an adjusted rate of 15.1 per 100,000 in 2007 to 16.8 per 100,000 in 2016.
- One out of two people with diabetes have not taken a diabetes self-management class.

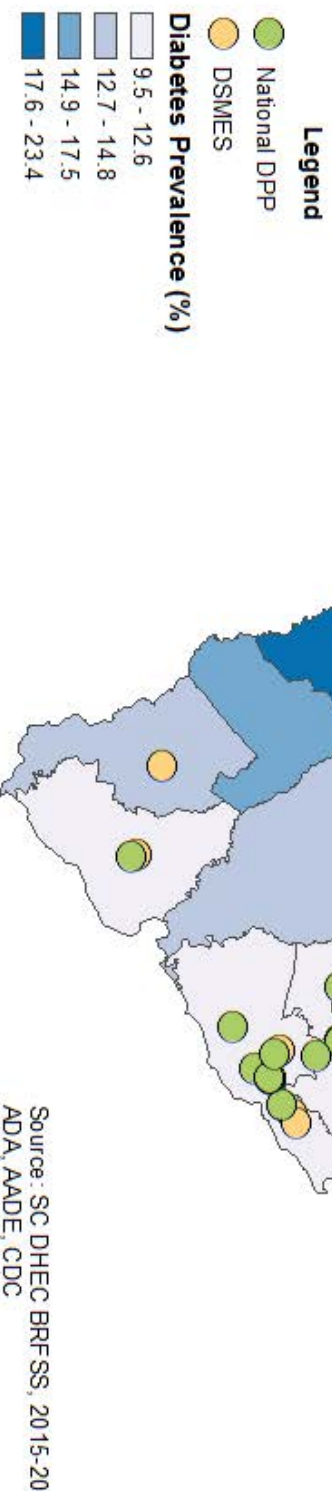
Diabetes Initiatives Statewide

- Over 3,000 people participated in Diabetes Prevention Programs (DPP). This represents only 0.25% of eligible participants in South Carolina. Participation in these lifestyle change programs can reduce their risk of developing diabetes by 58%.
- Diabetes Self-Management Education Support (DSMES) programs teach participants the skills to better manage their diabetes. Currently, there are 48 programs represented across 54 sites.



SC Diabetes Burden and Resources

Interesting Fact
The burden of diabetes is higher in rural counties with less resources



Source: SC DHEC BRFSS, 2015-2017, ADA, AADE, CDC