



Maryland Diabetes Prevention and Control Program Fact Sheet

Diabetes in the US

- Diabetes mellitus (also known as diabetes) is serious, complex, costly, disabling and deadly.
- Diabetes is the leading cause of: lower limb amputations, blindness and kidney failure.
- Diabetes affects working people and families.
- Diabetes requires daily and long-term management.
- Over 1/2 (68%) of US adults with diabetes die of heart disease or stroke.
- 57 million adults (more than 1 in 6) have prediabetes.
- Approximately 24% (361,800) nursing home residents have diabetes.

Prevalent risk factors for diabetes include:

- ◆ Family history: parent, grandparent, sibling
- ◆ Age: 45 years and older
- ◆ History of gestational diabetes
- ◆ History of abnormal glucose levels: prediabetes
- ◆ Weight status: overweight or obese
- ◆ History of vascular disease
- ◆ High blood pressure
- ◆ Abnormal cholesterol (lipid) values
- ◆ Physical inactivity or sedentary lifestyle

Diabetes and Its Impact on Maryland

Diabetes Rates in Maryland

Diabetes mellitus prevalence in Maryland extends throughout communities in Maryland. In 2008, an estimated 373,346 (8.7%) Maryland adults are diagnosed with Type 2 diabetes.**

In addition, an estimated 149,338 have “pre-diabetes” also known as “borderline” diabetes. Diabetes affects both male (50%) and female (50%) Maryland adults.**

Diabetes Complications:

Diabetes complications can be prevented and managed. Maryland BRFSS data reveals that high blood pressure is prevalent among approximately 70% of Maryland adults with diabetes. Over 1/2 (70%) of Maryland adults with diabetes are ages: 50 and older and 20% fall in the age group: 35-49. **

In 2007, approximately 10,545 hospitalizations were attributed to diabetes (primary diagnosis) in Maryland. Diabetes is responsible for 2/3 the 71,000 lower extremity amputations per-

formed each year in the United States. In 2007, the following hospitalizations occurred involving diabetes:

- ◆ 1,567 diabetic amputation hospitalizations+;
- ◆ 9,535 diabetic kidney disease (nephropathy) hospitalizations+;
- ◆ 10,083 hospitalizations occurred with a form of heart disease (ischemic) as the primary diagnosis and diabetes as the secondary diagnosis +
- ◆ 5,949 hospitalizations occurred with stroke as a primary diagnosis and diabetes as the secondary diagnosis.+

Diabetes Risk Factors:

Diabetes and its severe complications remain a critical health issue which continues to disproportionately affect a large number of population groups including: elderly, medically underserved, some racial and ethnic groups and



the economically disadvantaged. Diabetes is a costly public health challenge. Diabetes occurs when the body does either does not produce enough insulin or does not properly use insulin.

Although Type 2 diabetes is the most common for 90-95% other forms include: Type 1, gestational diabetes and pre-diabetes. Some studies have shown that much of the long-term damage to the heart (cardiovascular) system may occur during the pre-diabetes stage. Pre-diabetes occurs when a person's blood glucose level is higher than normal but not high enough for a diagnosis of Type 2 diabetes.

However, research have demonstrated that lifestyle changes in diet and exercise along with management of blood pressure and cholesterol levels may prevent prediabetes from developing into diabetes mellitus.

Maryland Diabetes Prevention & Control Program (DPCP)

The Maryland Department of Health and Mental Hygiene (DHMH) has continued to receive CDC funding for the Maryland Diabetes Prevention and Control Program (DPCP) since 1985 at the capacity-building level. The Maryland DPCP applies a health systems model of influence approach in collaborating organizational partners to prevent the onset and reduce the burden of diabetes on Maryland citizens.

The Maryland DPCP continues to establish goals in alignment with National Diabetes objectives outlined by the CDC, national performance benchmarks as well as those defined in Healthy People reports. By the U.S. Department of Health and Human Services.



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Mission:

To prevent diabetes and to reduce the medical, financial and personal impact of diabetes and its serious complications on the lives of Maryland families statewide. We are committed to achieving this mission by partnering with organizations to promote evidence-based guidelines, promising best practices and effective policies.

Costs of Diabetes

As recent as 2006, reports show that the total costs of diabetes in Maryland reached an estimated \$3.7 billion. Persons with diabetes have medical expenses 2.3 times higher than those without diabetes.

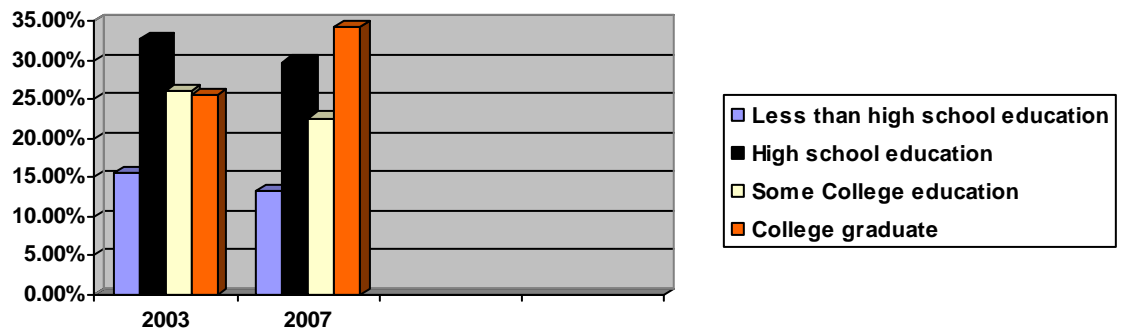
Effective treatment of Diabetes: Diabetes mellitus is a complex medical condition which requires daily and long-term management, the individual along with the healthcare team work together to assure that the recommended therapies are utilized in order to maximize favorable health outcomes. Without early intervention and effective control of blood glucose levels, unmanaged diabetes can result in serious short and long-term complications such as: lower extremity amputations, kidney failure, blindness and heart disease or stroke.

Most recent Maryland BRFSS data (2007) revealed the following findings reported by Maryland adults diagnosed with Type 2 diabetes:

- ◆ 53% participated in a class on diabetes self-management. **
- ◆ 69% received the recommended two or more hemoglobin A1c tests (glucose test) in the last year & 70% check their blood glucose level at least daily. **
- ◆ 70% had Type 2 diabetes with high blood pressure (hypertension) of which 92.1% of them are also taking blood pressure medication. **
- ◆ 77% had their feet examined by a health professional in the past year and 71% check their own feet daily. **
- ◆ 71% received the recommended dilated eye exam in the last year.**

“A 1% decrease in hemoglobin A1c level to near normal equates to a 40% risk reduction in diabetes-associated eye, kidney and nerve complications.”

Overview of prevalence of Maryland adults with diabetes by education, 2003 to 2007 comparison
Source: 2003 and 2007 Maryland BRFSS



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