

Prediabetes and Diabetes in Vermont



Vermonters today are more likely to die from a chronic disease than an infectious disease. 3-4-50 is a simple concept to help us grasp the reality that **3 health behaviors** contribute to **4 chronic diseases** that claim the lives of more than **50 percent of Vermonters**.

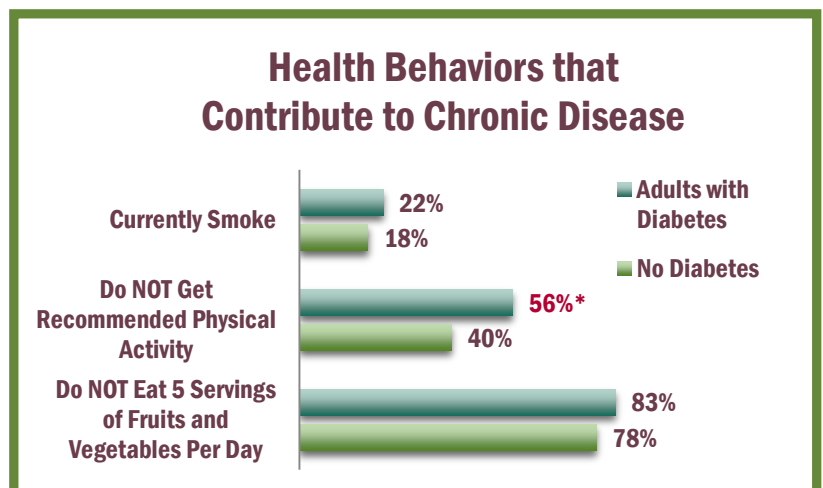
DIABETES AND 3-4-50

Thirteen percent of adult Vermonters have been diagnosed with prediabetes or diabetes (6% prediabetes; 8% diabetes), but these conditions are largely underdiagnosed. It is estimated that one in three adults over the age of 18 and half of adults over the age of 65 have prediabetes, but only 10 percent of them have been diagnosed. Similarly, one in four people with diabetes do not know that they have it (BRFSS 2015).

Without lifestyle changes, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years, and for those with diabetes, symptoms and treatment outcomes can worsen. Diabetes is a leading cause of blindness, kidney failure, lower extremity amputations, heart attack and strokes. Prediabetes leads to health problems even before diabetes develops, including early kinds of kidney disease, nerve damage and small blood vessel damage in organs such as the eyes.

DIABETES AND 3 BEHAVIORS

- More than one in five (22%) Vermont adults with diagnosed diabetes currently smoke.
- More than half (56%) of Vermonters with diabetes did not get enough physical activity compared to 40% of adults without diabetes.
- 83% of adults with diabetes did not eat the recommended amount of fruits and vegetables.

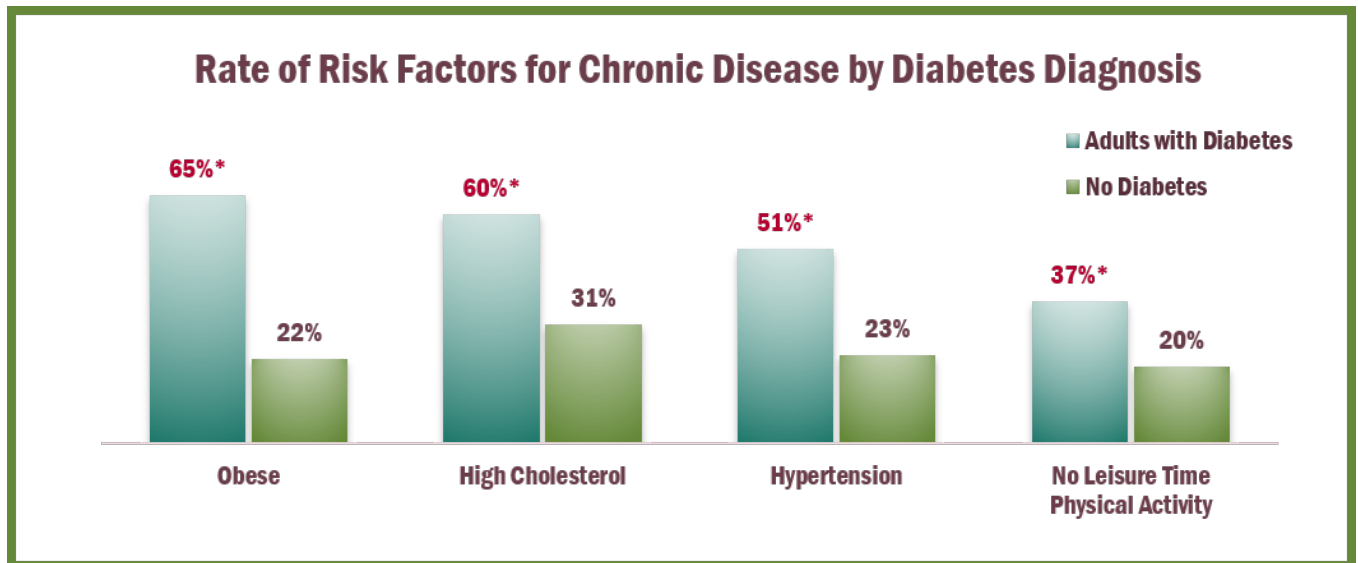


(*) notes statistical difference

Data Source: BRFSS 2015

RISK FACTORS FOR CHRONIC DISEASE

- Adults with diabetes were significantly more likely to be obese, have high cholesterol, hypertension and no leisure time physical activity compared to adults without diabetes.
- A person who has more risk factors is more likely to develop diabetes.



(*) notes statistical difference

Data Source: BRFSS 2015

HEALTH IMPACTS OF DIABETES

- Adults diagnosed with diabetes were significantly more likely to also be diagnosed with cardiovascular disease, chronic kidney disease, lung disease or cancer.
- Chronic kidney disease is common among those with diabetes and evidence shows that kidney disease actually begins among those with prediabetes.
- Smoking among people with diabetes can lead to lower limb amputations.
- Diabetes was an underlying or contributing cause in the deaths of 695 Vermonters (14% of all deaths in 2014).
- Adults with diabetes were significantly more likely to die from cardiovascular disease (CVD) compared to adults without a diabetes diagnosis. The risk of developing CVD is directly linked to high blood sugar.

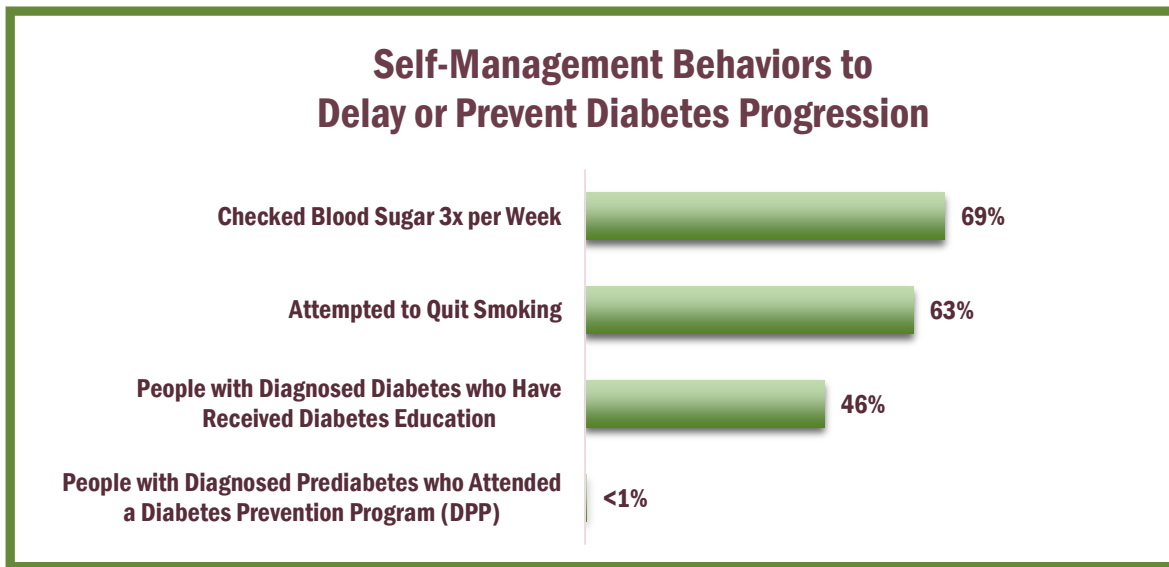
	Diabetes	No Diabetes
Cardiovascular Disease	27%*	6%
Chronic Kidney Disease	8%*	2%
Lung Disease	25%*	14%
Cancer	13%*	6%
Lower Limb Amputations Due to Diabetes (#)	127	n/a
Diabetes-Related Deaths	14%	n/a
Cardiovascular Disease Deaths	40%*	20%

(*) notes statistical difference

Data Sources: BRFSS 2015; Vital Statistics and VUHDDS 2014

MANAGING DIABETES

- More than two-thirds (69%) of Vermont adults with diabetes checked their blood sugar three times a week. Managing blood sugar is key to avoiding health problems associated with diabetes.
- Fewer than two-thirds (63%) of adult Vermonters with diabetes who smoke have attempted to quit in the past year.
- Less than half (46%) of adults diagnosed with diabetes have ever received diabetes education and less than 1% of adults with diagnosed prediabetes have ever attended a diabetes prevention program (DPP). Lifestyle change programs are proven to help people with diabetes manage and improve their condition as well as help those with prediabetes delay or prevent the onset of type 2 diabetes.



WHAT CAN BE DONE?

Diabetes is not inevitable. People with prediabetes can prevent or delay diabetes and those with diabetes can effectively manage their condition to prevent further health complications. Both prevention and delay helps avoid serious and costly health problems down the road.

Working together, communities, worksites, schools and health care systems can positively impact the environment where we live, work, play and learn – making the healthy choice the easy choice for all Vermonters. To learn more about 3-4-50 or how to get involved, visit www.healthvermont.gov/3-4-50.

For questions related to the data presented here, email 3-4-50@vermont.gov.