

The Promising Facts about Diabetes in Kentucky



- In 2000 and 2002, KY met its goal of increasing the proportion of persons with diabetes who had an annual dilated eye exam.
- In 2003, KY came close to meeting its goal of increasing the proportion of persons with diabetes who had an annual foot exam.
- KY surpassed the goal of increasing the proportion of persons with diabetes who perform blood glucose monitoring at least daily (2000-2003).
- KY meets the national average of persons with diabetes who receives an annual flu vaccination.

The Disturbing Facts about Diabetes in Kentucky

- An estimated 8.5% of the adult population, or 267,000 persons, in Kentucky have been diagnosed with diabetes. Many cases of diabetes go undiagnosed. Based on national studies, it is estimated that an additional 109,000 Kentuckians are living with undiagnosed diabetes. Therefore the total Kentucky population with diabetes is estimated to be 376,000 or 12% of the adult population.
- An estimated 611,000 (40.1%) Kentuckians aged 40 – 74 have pre-diabetes (*elevated blood sugar levels but not high enough to be classified as diabetes*) and are at very high risk for developing diabetes.
- The main health risk for overweight children and youth is Type 2 diabetes. Recent research has shown a drastically reduced life expectancy for those who develop diabetes in their teen years. Among the youngest Kentuckians, about 17% of children age 2, 3 and 4 are already overweight.
- Kentucky ties for 7th in the nation in the number of adults who are obese (*a critical risk factor for the development of diabetes*).
- In Kentucky, four percent of high school students surveyed report they were told they have diabetes. Thirteen percent report they were told they were at risk for developing diabetes.
- Nationally, diabetes is the leading cause of new cases of blindness among adults aged 20-74, kidney failure, and non-traumatic lower limb amputations. Most importantly, much of this disease and the associated costs can be prevented.
- Nationally, more than one of every seven health care dollars is spent on someone who has diabetes or its complications.
- The direct cost (*medical care*) and indirect costs (*lost productivity and premature mortality*) of diabetes in Kentucky totals about \$2.9 billion annually.
- In FY 2003 Kentucky's Medicaid program spent more than \$610 million dollars (*11% of total expenditures*) to pay for services for people with diabetes.
- One in every four Medicare dollars (*27% of Medicare budget*) is spent on someone who has diabetes.

Data Sources:

Behavior Risk Factor Surveillance Survey (BRFSS) 1998- 2004
Conquering Diabetes: A Strategic Plan For The 21st Century, 1999
Diabetes In The U.S., Centers for Disease Control & Prevention, 2000
Impact of Diabetes in the Commonwealth of Kentucky, 1999
The Kentucky Obesity Program, 2004
KDPCP synthetic estimate based upon CDC National Diabetes Fact Sheet, 2005
Kentucky Youth Risk Behavior Survey 2003 and 2004
The Burden of Diabetes in the Medicaid Program, 2003