



TYPE 2 DIABETES IN NORTH CAROLINA

Addressing the devastating impact of type 2 diabetes in North Carolina

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- ❖ In 2010, approximately 688,000 North Carolinians had received a diabetes diagnosis.
- ❖ The percentage of North Carolina adults with diabetes **more than doubled** in fifteen years, going from 4.6% in 1995 to 9.3% in 2010.
- ❖ **Minorities are particularly hard hit** by the epidemic: 14.5% of African-Americans and 19.0% of American Indians reported a diabetes diagnosis in 2012, compared to 9.7% of whites.
- ❖ Statewide, diabetes was the seventh leading cause of death for white North Carolinians in 2012. For African Americans, it was the fourth-leading cause of death and for American Indians, the third.
- ❖ Statewide, North Carolina faces challenges in both **prevention** of type 2 diabetes and **treatment and management** of the disease.

DIABETES PREVENTION AND MANAGEMENT

- ❖ Approximately 376,000 North Carolinians were estimated to have prediabetes as of 2010.
- ❖ Approximately 25% of these individuals with prediabetes are expected to develop diabetes within three to five years of diagnosis.
- ❖ Type 2 diabetes is closely linked with obesity. 65.8% of North Carolina adults were overweight or obese in 2012. The percentage reaches 84.7% when considering only North Carolinians with diabetes. North Carolina must address obesity not only to prevent the incidence of type 2 diabetes and other chronic diseases, but also to mitigate the consequences of type 2 diabetes once individuals are diagnosed with the disease.
- ❖ Type 2 diabetes is difficult to manage effectively, and mismanaged diabetes can lead to particularly **debilitating physical effects**: damaged blood vessels, heart attacks, strokes, blindness, liver disease, certain kinds of cancer, kidney failure, bone fractures, and amputations.

THE COSTS OF TYPE 2 DIABETES

- ❖ North Carolina must act quickly to prevent an escalation of type 2 diabetes in North Carolina. Diabetes not only affects the health and daily lives of North Carolinians but costs the state more money as each year passes.
- ❖ If the epidemic stays its current course, diabetes is on track to cost the state's public and private sectors more than \$17 billion per year in medical expenses and lost productivity by 2025. **North Carolina cannot afford to let these trends continue.**

FOR MORE INFORMATION, SEE THE NORTH CAROLINA PATHS REPORT OR CONTACT:

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