

# PREDIABETES IN SOUTH CAROLINA



## Prediabetes

A condition where one's blood sugar level is higher than normal, but not high enough for a diagnosis of diabetes.

Also referred to as: borderline diabetes.

**90%**

of adults with prediabetes don't know they have it.

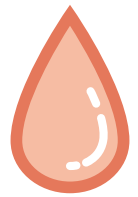
If you have prediabetes, you are more likely to:



Have a Stroke



Develop Heart Disease

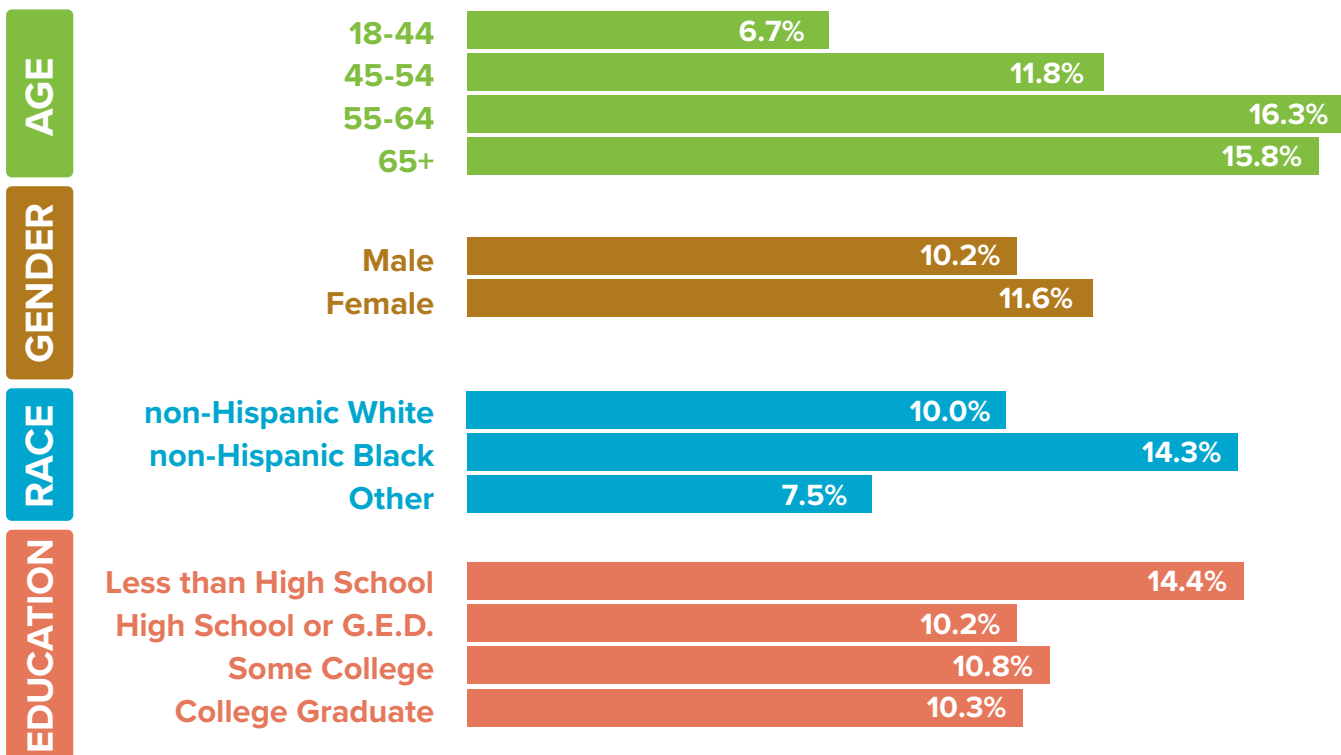


Develop Type 2 Diabetes

**\$707,000,000**

spent on prediabetes in South Carolina in one year.\*

## Diagnosed Prediabetes Prevalence 2018



Data Source: SC DHEC BRFSS

\*Dall T, Yang W, Halder P, et al. The Economic Burden of Elevated Blood Glucose Levels in 2012: Diagnosed and Undiagnosed Diabetes, Gestational Diabetes Mellitus, and Prediabetes. Diabetes Care 2014; 37:3172-3179

# Diagnosed Prediabetes Prevalence

Percent of Adults by County, 2016–2018



SC DHEC BRFFS  
\*Regional estimates were used due to small number of responses in the county.

## 2016-2018 average

- 5.7% – 9.4%
- 9.5% – 10.3%
- 10.4% – 11.6%
- 11.7% – 21.3%

## What can be done?

### Get Tested.




Knowing one's risk status and taking early action can have long-term benefits.

### Who should get tested?

- Older adults, 45 +
- Overweight or obese adults
- Adults who are physically inactive
- Adults with high blood pressure
- Adults with family members who have diabetes
- Women who have had diabetes while pregnant
- Women who had a baby weighing more than 9 lbs

### I have prediabetes, now what?

Lifestyle changes can help prevent or delay type 2 diabetes.

-  Improve food choices
-  Lose 5-7 percent body weight
-  Get 150 minutes physical activity per week

### Low to no-cost programs in SC can help.

The National Diabetes Prevention Program is a proven program that provides group support and in person access to trained professionals.



Visit [DoIHavePrediabetes.org](https://doihaveprediabetes.org) to take a 1-minute risk test.

Visit [https://nccd.cdc.gov/DDT\\_DPRP/Registry.aspx](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx) to find a National Diabetes Prevention Program near you.