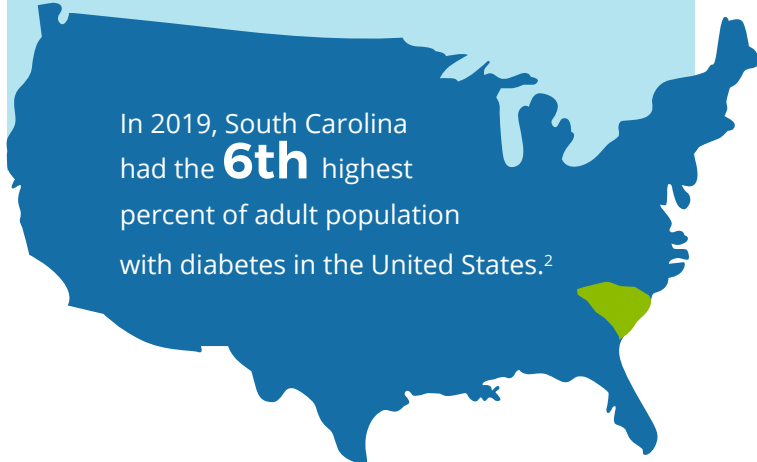
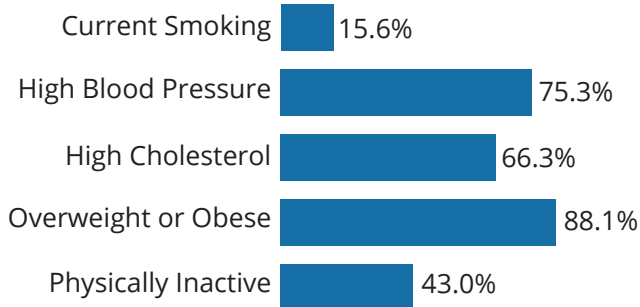


1,609 South Carolina residents died from diabetes in 2019.¹

Diabetes was the **7th** leading cause of death in South Carolina, more than drug overdoses, suicide, or homicide.¹



Other health concerns among those with Diabetes



Diabetes Disparities Exist

The prevalence of diabetes is higher among non-Hispanic Black adults (16.2%) than among non-Hispanic Whites (12.9%), and non-Hispanic Blacks had **2.4X** higher age-adjusted death rate compared to non-Hispanic Whites.^{1,2}

More than **540,000** adults in South Carolina are estimated to have been diagnosed with diabetes.²



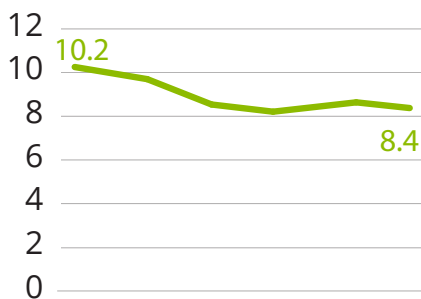
For every **10** adults diagnosed with diabetes, only **5** have taken a class to manage their diabetes.²

Three-fourths of adults with diabetes also have high blood pressure.

Four out of five adults with diabetes are overweight or obese.

Newly Diagnosed Diabetes has decreased in recent years⁵

Rate per 1,000



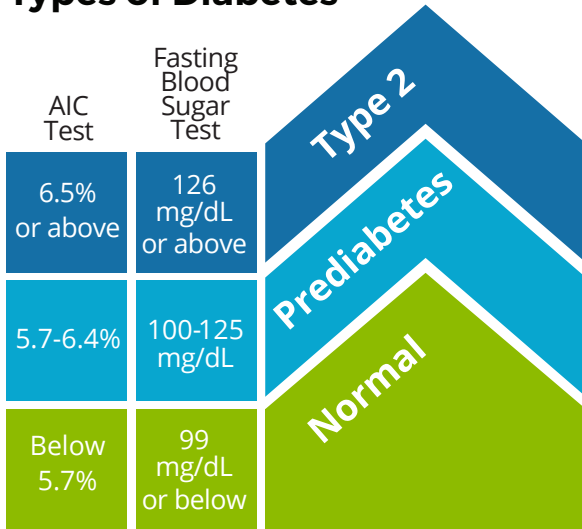
2011 2012 2013 2014 2015 2016 2017 2018

In 2019, the total amount of hospital charges related to diabetes diagnoses were **\$610 million** in South Carolina. This was higher than asthma.³



The estimated cost of care for people in South Carolina with diabetes is **\$5.89 billion**, including \$4.25 billion in medical and \$1.64 billion in indirect costs.⁴

Types of Diabetes



Type 1 Diabetes – Usually diagnosed in children and young adults. The body does not produce insulin. People with type 1 diabetes must take insulin injections. About 5% of the people who have diabetes have type 1.⁶

Type 2 Diabetes – The body does not produce enough insulin, and/or the body cannot properly use insulin. Type 2 diabetes in children is on the rise due to the childhood obesity epidemic, particularly in African-Americans and Hispanics. About 90% of people with diabetes have type 2.⁶

Prediabetes – Before people develop type 2 diabetes, they almost always have “prediabetes.” People with prediabetes are at higher risk of cardiovascular diseases. However, you can delay or prevent the onset of type 2 diabetes by eating healthier and being more physically active. More than one in three adults have prediabetes.⁶

Only your doctor can diagnosis diabetes

Your doctor can do a simple blood test to determine if you have diabetes.⁵



Gestational Diabetes – Pregnant women who have high blood glucose levels have gestational diabetes. They are more likely to develop type 2 diabetes years later. In 2019, mothers with gestational diabetes represented 6.4% of live births in South Carolina.¹

Who needs to be tested for diabetes?

You are at risk for developing prediabetes if you:

- Are overweight⁶
- Are 45 or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diadiabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

Could you have prediabetes?

Take the Test

www.cdc.gov/diabetes/risktest

You can prevent type 2 diabetes



Lose Weight



Eat Healthy



Be Active

You can manage diabetes



Work With A Health Professional



Eat Healthy



Be Active

Learn more about diabetes prevention:
www.cdc.gov/diabetes/prevention

Learn more about managing diabetes:
www.niddk.nih.gov/health-information/diabetes

1 SC DHEC Vital Statistics; 2 SC DHEC BRFSS; 3 SC RFA; 4 American Diabetes Association <http://care.diabetesjournals.org/lookup/suppl/doi:10.2337/dci18-0007/-/DCI>; 5 CDC; 6 American Diabetes Association
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