1,581 South Carolina residents died from diabetes in 2018. Diabetes was the 7th leading cause of death in South Carolina, more than drug overdoses, suicide, or homicide.

Diabetes Disparities Exist

The prevalence of diabetes is higher among non-Hispanic Black adults (17.8%) than among non-Hispanic Whites (12.4%), and non-Hispanic Blacks had more than 2X higher death rate compared to non-Hispanic Whites.

In 2018, South Carolina had the 8th highest percent of adult population with diabetes in the United States.

More than 528,000 adults in South Carolina are estimated to have been diagnosed with diabetes.

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

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

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

In 2018, the total amount of hospital charges related to diabetes diagnoses were $542 million in South Carolina. This was higher than asthma and Chronic Kidney Disease.

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.
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 2.⁵

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

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 2018, mothers with gestational diabetes represented 6.6% 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 diabidiabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

You can prevent type 2 diabetes

Lose Weight  Eat Healthy  Be Active

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

You can manage diabetes

Work With A Health Professional  Eat Healthy  Be Active

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

5 CDC; 6 American Diabetes Association
Produced by Bureau of Population Health Data Analytics & Informatics, February 2020