

# DIABETES IMPACT

IN SOUTH CAROLINA

## People with Diabetes

- South Carolina had the 8th highest prevalence of diabetes among adults in the nation in 2018. One in seven adults has diabetes, or approximately 500,000 adults in South Carolina.
- Approximately one in six African-Americans has diabetes, compared to one in eight white adults.
- One in four over the age of 65 has diabetes in South Carolina. Additionally, one in six has diagnosed prediabetes in this growing age group. Prediabetes is a condition where one's blood sugar level is higher than normal, but not high enough for a diagnosis of diabetes.
- Since 2011, diabetes prevalence among adults has increased from 12.1% to 13.3% in 2018. Diagnosed prediabetes has increased from 6.7% in 2011 to 10.9% in 2018.
- One in five adults with less than an \$15,000 annual household income has diabetes.

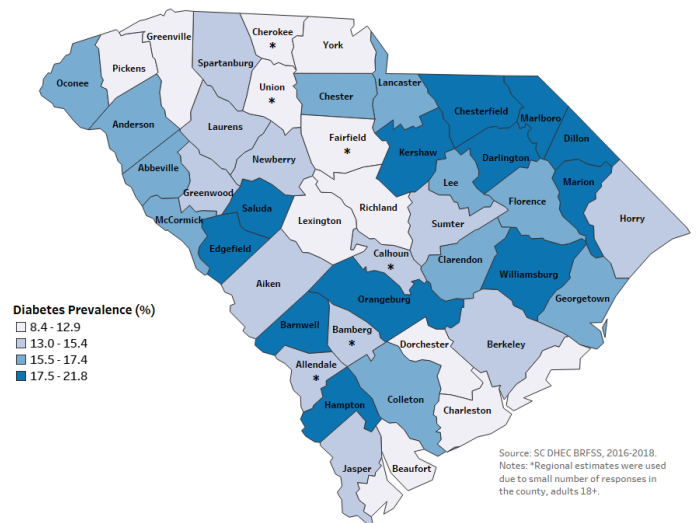
## Diabetes Death

- Diabetes is the 7th leading cause of death in South Carolina. In 2018, 1,581 people died from diabetes, or four deaths every day. African-American residents had more than two times a higher death rate compared to whites residents.

## Hospitalization and Cost of Diabetes

- In 2018, approximately 33,000 hospitalization and emergency department visits occurred in South Carolina for diabetes, with charges of more than \$641 million.
- The cost of care for South Carolinian adults with diabetes is estimated at \$5.89 billion in 2017 (Source: American Diabetes Association).
- The average annual medical expenditures by people with diabetes was \$16,750 in 2017 (Source: American Diabetes Association).

Diabetes Prevalence Among Adults, 2016-2018



## Diabetes Risk and Complications

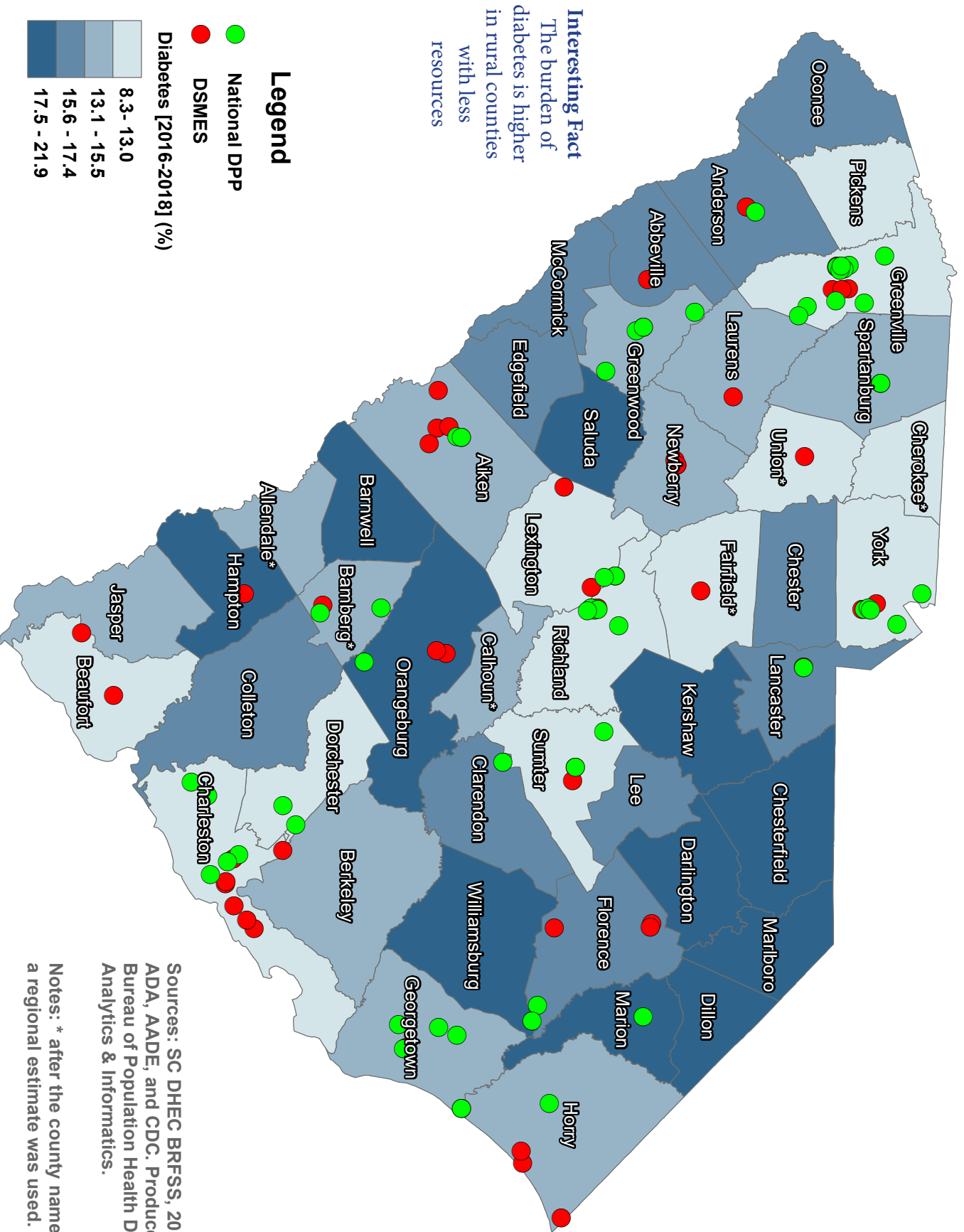
- Two-thirds of adults in South Carolina are overweight or obese. Four out of five people with diabetes in South Carolina are overweight or obese.
- Seven out of 10 people with diabetes have hypertension.
- Two out of three people with diabetes have high cholesterol.
- New cases of end-stage renal disease among those with diabetes have increased from an adjusted rate of 14.9 per 100,000 in 2008 to 16.1 per 100,000 in 2017.
- One out of two people with diabetes have not taken a diabetes self-management class.

## Diabetes Initiatives Statewide

- Over 5,000 people participated in Diabetes Prevention Programs (DPP). This represents only 0.31% of eligible participants in South Carolina. Participation in these lifestyle change programs can reduce their risk of developing diabetes by 58%.
- Diabetes Self-Management Education Support (DSMES) programs teach participants the skills to better manage their diabetes, and currently there are 52 programs.



# Prevalence of Diabetes and National DPP Locations



Sources: SC DHEC BRFSS, 2016-18, ADA, AADE, and CDC. Produced by the Bureau of Population Health Data Analytics & Informatics.

Notes: \* after the county name indicates a regional estimate was used.