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 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.
A regional estimate was used.

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

Analytical Informatics
Bureau of Population Health Data
ADA, AADE, and CDC. Produced by the

Bureau of Population Health Data

Analytical Informatics.

Sources: SC DHEC BRFSS 2016-18.

Prevalence of Diabetes and National DPP Locations

Legend

Prevalence (%)

17.5 - 21.9
15.6 - 17.4
13.1 - 15.5
8.3 - 13.0

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

Interesting Fact
The burden of diabetes is higher in rural counties with less resources.