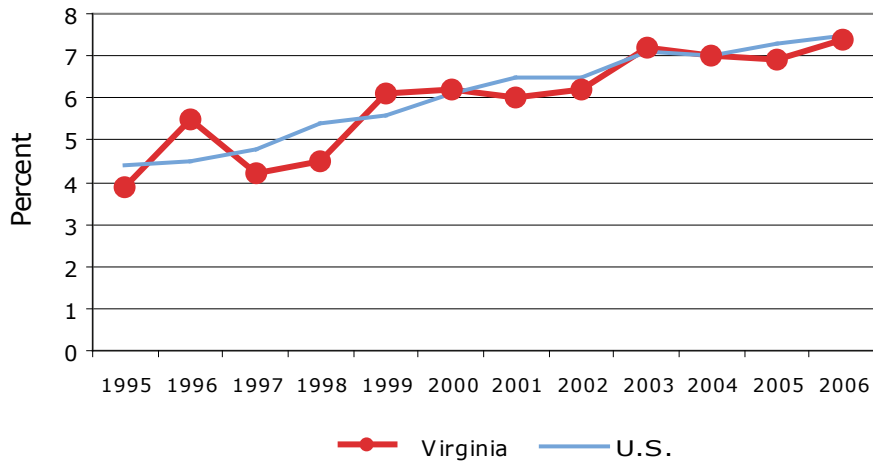


Diabetes in Virginia

Common, Serious, Costly, Controllable, and Preventable.

Common - The prevalence of diagnosed diabetes among adults (> 18 years of age) in Virginia has increased 90 percent from 3.9 percent in 1995 to 7.4 percent in 2006. Virginia's rising prevalence has remained close to the national prevalence during the past 11 years and for 2006 they are virtually identical, 7.4 percent and 7.5 percent, respectively.

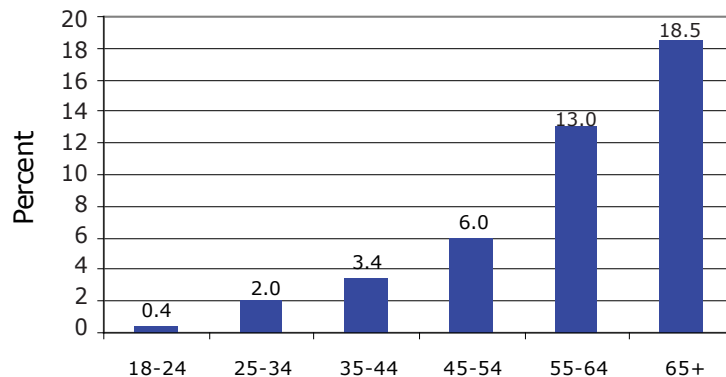
Prevalence of Diabetes Among Adults in Virginia and in U.S., 1995-2005



Source: Virginia Behavioral Risk Factor Surveillance System, 1995-2006; CDC, 1995-2006

Age is a major risk factor for diabetes. The prevalence of diabetes accelerates with age, emphasizing the importance of addressing other modifiable risk factors for type 2 diabetes early and throughout the lifespan.

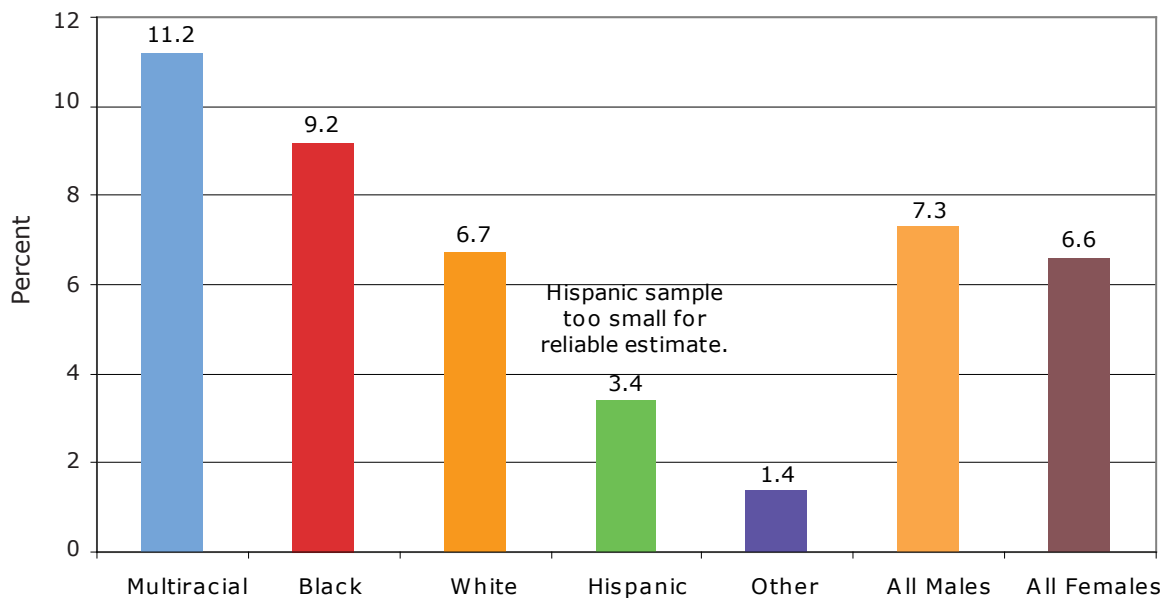
Prevalence of Diabetes in Virginia by Age Group, 2005



Source: Virginia Behavioral Risk Factor Surveillance System, 2005

Race, ethnicity, and gender are also important risk factors for diabetes. The prevalence of diabetes is highest among multiracial and black Virginians and is higher among males than females. Note that the Hispanic sample is small and almost certainly underestimates the higher prevalence of diabetes usually found in this group nationally.

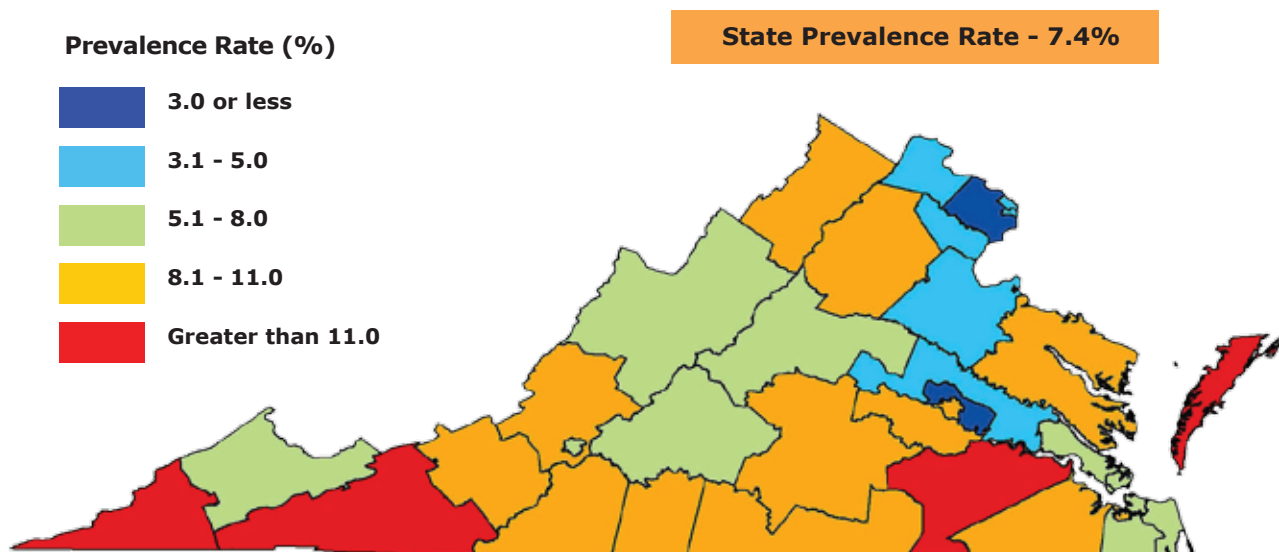
Prevalence of Diabetes in Virginia by Race, Ethnicity and Gender, 2005



Source: Virginia Behavioral Risk Factor Surveillance System, 2005

Certain geographic regions of the state have a higher prevalence of diabetes. A striking example is the Appalachian counties of far southwest Virginia, where diabetes is 63 percent more prevalent than in non-Appalachian counties. In 2005, the four health districts with the highest prevalence rates are the Eastern Shore (15.4%), Lenowisco (14.2%), Crater (12.6%), and Mount Rogers (12.3%).

Prevalence of Diabetes in Virginia by Health District

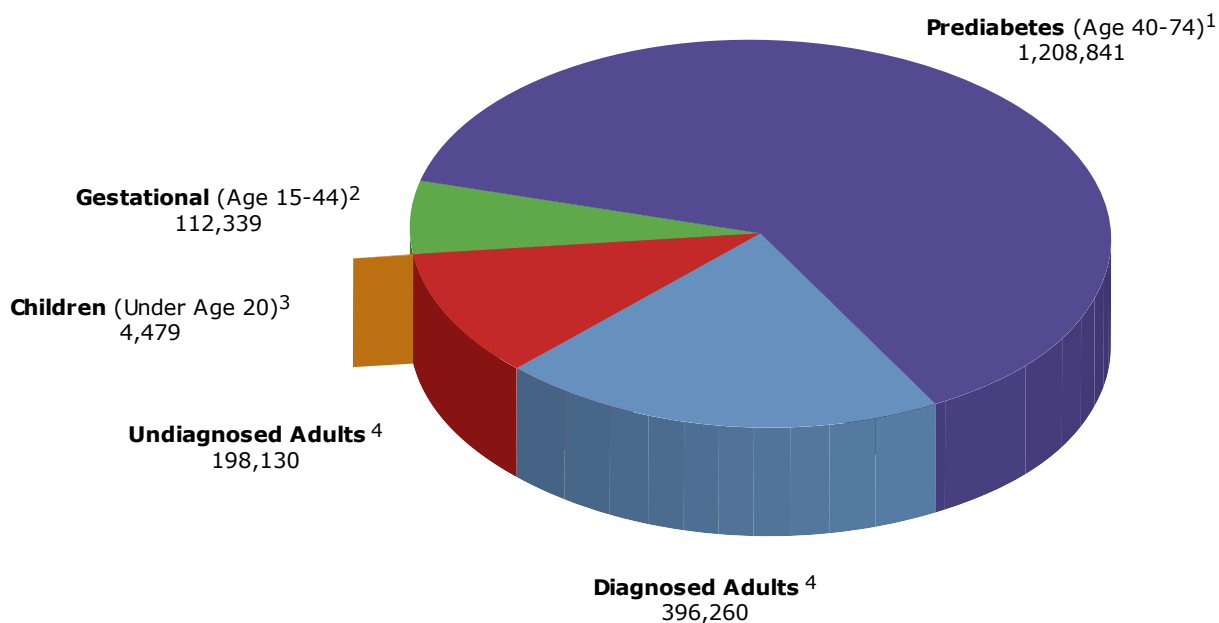


Source: Virginia Behavioral Risk Factor Surveillance System, 2005

To determine the extent of diabetes and potential diabetes in Virginia, it is important to consider several sources in addition to the 396,260 diagnosed adults (6.9 percent).

- In 2005, an additional 198,130 adult Virginians were estimated to have undiagnosed diabetes.
- Approximately 112,339 women have been diagnosed with gestational diabetes (diabetes during pregnancy), which increases their risk of developing diabetes by 20 to 50 percent in the next 5 to 10 years following pregnancy.
- The CDC estimates the prevalence of diabetes among youth under age 20 is 0.22 percent. Type 2 diabetes, although still rare, is being diagnosed more frequently in children and adolescents, particularly in American Indians, African Americans, and Hispanic/Latino Americans.
- By far the largest group at risk for diabetes are people who have somewhat elevated blood glucose levels. This condition is now termed prediabetes in order to signal its seriousness.
- The CDC estimates that 40 percent of adults between the ages of 40-74 years have prediabetes. There are an estimated 1,208,841 adult Virginians with prediabetes in the 40-74 age range.

Estimated Number of Virginians with All Types of Diabetes and Prediabetes in Virginia, 2005



Sources:

1 National Center for Health Statistics, Centers for Disease Control and Prevention. Third National Health and Nutrition Examination Survey (NHANES III) 1988–1994

2 National Diabetes Education Program (NDEP), Type 2 Diabetes Risk After Gestational Diabetes Fact Sheet, April 2006

3 CDC, National Diabetes Fact Sheet, 2005

4 Virginia Behavioral Risk Factor Surveillance System, 2005