The Big Picture
DIABETES IN WEST VIRGINIA

More than 1 in 8 West Virginia adults have diabetes (13.0%).

1 in 4 don’t know they have it.

WHAT DOES DIABETES COST WEST VIRGINIA?

- Medical costs for people with diabetes are 2.3 times higher than for people without diabetes.
- Risk of death for adults with diabetes is 50% higher than for adults without diabetes.

$570 million + $1.44 billion = $2 billion

INDIRECT COSTS*\ DIRECT COSTS = ANNUAL COST TO WV (2012)

*Reduced or lost productivity, absenteeism, early death, disability.

COMPLICATIONS AND CO-EXISTING CONDITIONS

People with diabetes are at a higher risk of serious health complications.

- Loss of limb
- Stroke
- Heart disease
- Blindness
- Periodontal disease
- Depression
- Pregnancy complications

About 7.8% of West Virginia adults were obese and had diabetes.

Around 4.5% of West Virginia adults had both diabetes and heart disease.
PREDIABETES

Prediabetes is when blood glucose levels are higher than normal, but not high enough to be classified as diabetes.

About 1 in 12 adults in West Virginia have prediabetes.

Without weight loss and moderate physical activity, 15%–30% of people with prediabetes will develop type 2 diabetes within 5 years.

YEARS

<table>
<thead>
<tr>
<th>TYPES OF DIABETES</th>
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<tbody>
<tr>
<td><strong>Type 1 Diabetes</strong></td>
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<tr>
<td>- Body makes little or no insulin.</td>
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<td>- Can develop at any age, but occurs most often in children and young adults.</td>
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<td>- No known way to prevent it.</td>
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<tr>
<td><strong>Type 2 Diabetes</strong></td>
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<tr>
<td>- Body cannot use insulin properly.</td>
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<tr>
<td>- Can develop at any age.</td>
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<tr>
<td>- Most cases can be prevented or delayed.</td>
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Risk Factors for Type 2 Diabetes

- Age 45 or older.
- Being overweight.
- Having a family history.
- Having diabetes while pregnant or having a baby weighing nine pounds or more.

WHAT YOU CAN DO TO PREVENT OR DELAY TYPE 2 DIABETES

You can PREVENT or DELAY type 2 diabetes.

- Lose weight.
- Eat healthy.
- Be more active.

You can MANAGE diabetes.

- Work with your health care provider.
- Eat healthy.
- Stay active.
- Test your blood glucose level regularly.

Learn more at www.wvdiabetes.com or speak to your health care provider.