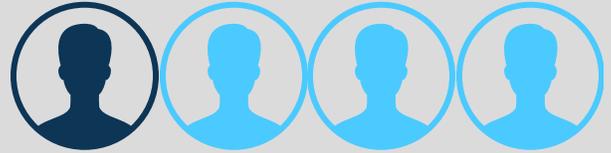


The Big Picture

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.

$$\begin{array}{ccc} \$570 & + & \$1.44 \\ \text{million} & & \text{billion} \\ \text{INDIRECT COSTS*} & & \text{DIRECT COSTS} \end{array} = \begin{array}{c} \$2 \\ \text{billion} \\ \text{ANNUAL COST} \\ \text{TO WV (2012)} \end{array}$$

*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 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.

TYPES OF DIABETES

Type 1 Diabetes

- Body makes little or no insulin.
- Can develop at any age, but occurs most often in children and young adults.
- No known way to prevent it.

Type 2 Diabetes

- Body cannot use insulin properly.
- Can develop at any age.
- Most cases can be prevented or delayed.

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.