**Kidney disease**

**DIABETES IN KENTUCKY**
A Public Health Epidemic - 2020

**Diabetes**

1 in 7 or 474,500 (13.7%) adults have diagnosed diabetes

632,700 with diagnosed and undiagnosed diabetes

1 of 4 don’t know it

158,200 adults are estimated to have diabetes but are undiagnosed

**Prevalence of Diagnosed Diabetes by Kentucky Regions**
2018 Kentucky Behavioral Risk Factor Surveillance Survey

Statewide Prevalence: 13.7%
Nationwide Median: 10.9%

**Diagnosed Prediabetes**

1 in 9 or 331,335 (11.8%) adults have diagnosed prediabetes

1.1 million (1 in 3) with diagnosed and undiagnosed prediabetes

812,000 adults are estimated to have prediabetes but are undiagnosed

7 of 10 don’t know it

**Prevalence of Diagnosed Prediabetes by Kentucky Regions**
2018 Kentucky Behavioral Risk Factor Surveillance Survey

Statewide Prevalence: 11.8%

**Cost**

$5.16 BILLION

Total medical costs and lost work and wages for people with diagnosed diabetes in Kentucky

Higher risk of serious and costly complications

Heart Disease  Stroke  Loss of Toes, Feet or Legs  Kidney Disease  Blindness
**Risk Factors for Type 2 Diabetes**

<table>
<thead>
<tr>
<th>Overweight</th>
<th>45 and Older</th>
<th>Physically Inactive</th>
<th>Prediabetes</th>
<th>Family History</th>
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**What Can You Do?**

**You can PREVENT or DELAY type 2 diabetes**

- Find out if you have prediabetes – See your health care provider to get your blood sugar tested
- Attend a National Diabetes Prevention Program (DPP)
- Make healthy food choices
- Be more active
- Lose weight if needed

Learn more at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) or speak with your doctor

**You can MANAGE diabetes and reduce risk for complications**

- Attend a self-management education and support program
- Plan meals and make healthy food choices
- Stay active
- Take your medications
- Monitor your blood sugar and other recommended care
- Quit smoking

Learn more at [https://www.cdc.gov/diabetes/ndep](https://www.cdc.gov/diabetes/ndep) or speak with your doctor

To find diabetes prevention or self-management education and support programs in your area, look on the Kentucky Diabetes Resource Directory at [https://prdweb.chfs.ky.gov/KYDiabetesResources/](https://prdweb.chfs.ky.gov/KYDiabetesResources/)

**REFERENCES**