

Key Findings

- 733,302 Virginians are affected by diabetes
- The prevalence and hospitalization rates/cases of diabetes in Virginia has continued to steadily rise over the last few years
- Medicare is the predominant payment source of diabetes hospitalizations
- Blacks have disproportionately higher diabetes hospitalization rates
- The central and southwestern regions of Virginia are affected the most by diabetes
- Nearly 60% of diabetics in 2019 were obese
- The prevalence of diabetes is higher amongst those with the lowest education levels

Introduction

Diabetes is a chronic illness causing one’s sugar levels in the bloodstream to be elevated. This occurs when they are either unable to produce or properly use insulin. It affects approximately over 10% of the U.S. population and costs \$245 billion in medical costs/lost wages annually¹. It affects over 10% of the Virginia population as well, accounting for 733,302 Virginians². While diabetes is found in all populations and regions, certain demographics (ex. Black population) and areas (ex. Southwestern region) of the state are disproportionately affected.

Prevention

Diabetes alone has its own negative side effects, but is also a risk factor for heart disease, stroke, amputations, blindness, and kidney disease¹. This along with the financial implications, are why prevention is so important. People with prediabetes can prevent the onset of diabetes with certain lifestyle changes and people already diagnosed with

diabetes can better learn how to manage their symptoms and prevent them from getting worse³. The CDC funds two grants, 1815 and 1817, to help states, Virginia included, with diabetes prevention and education⁴. Both involve utilizing the Diabetes Prevention Program (DPP) and Diabetes Self-Management & Education (DSME). These programs involve meeting with a trained or certified professional and a small group of people who also have prediabetes/diabetes and have proven to be effective for prevention and management of diabetes¹. In 2019, Virginia had a total of 44 DPP programs that reached 18,610 diabetics, an approximately 5% greater reach than in 2018. While this is promising, VDH continues to work with external partners to grow both programs, and target those individuals most at risk of developing diabetes or having serious complications.

Data

Figure 1. Diabetes prevalence in Virginia.²

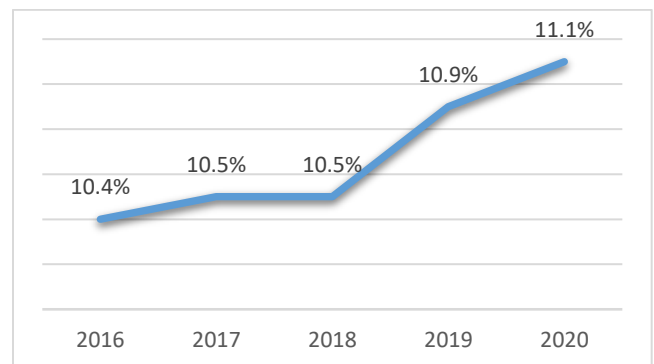


Figure 2. Diabetes hospitalization rates in Virginia.⁵

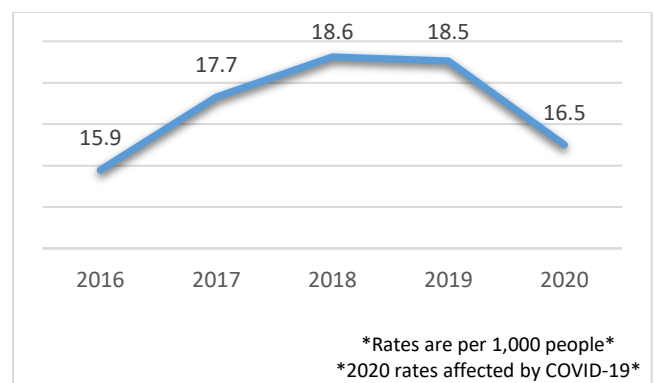


Figure 3. Diabetes hospitalization rates by region in Virginia in 2019.⁵

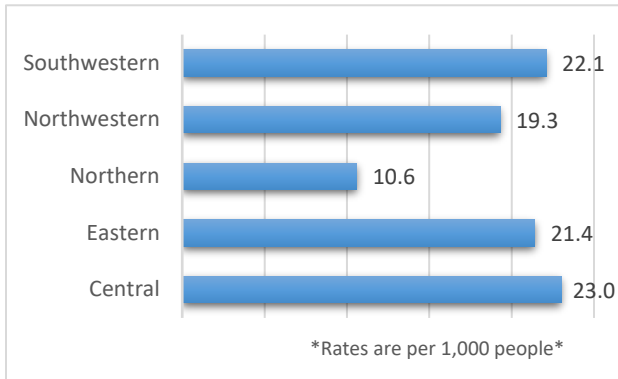


Figure 4. Prevalence of obesity in diabetics.²

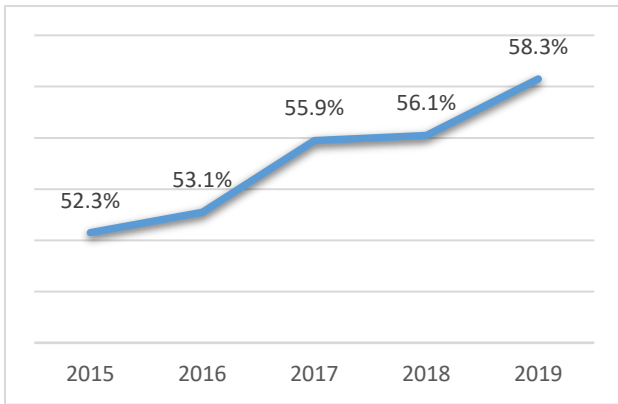


Figure 5. Prevalence of those getting 150 or more minutes of physical activity weekly by diabetes status, in 2019.²

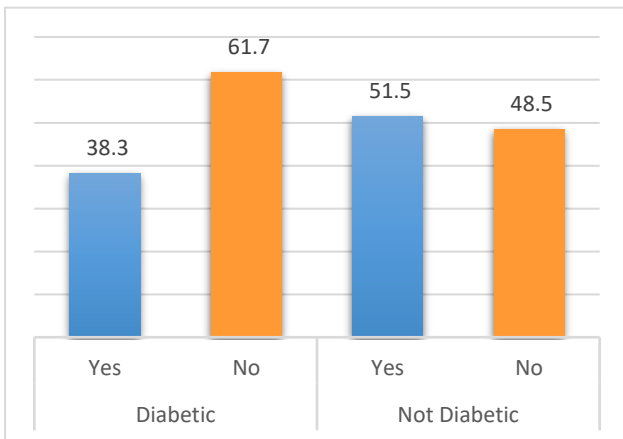


Figure 6. Prevalence of diabetes by income level in 2019.²

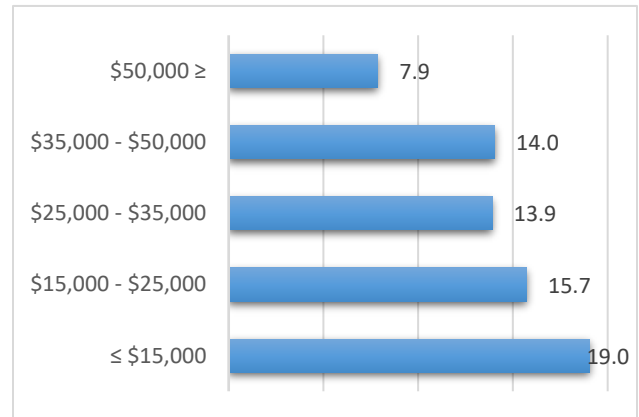


Figure 7. Prevalence of diabetes by race/ethnicity in 2019.²

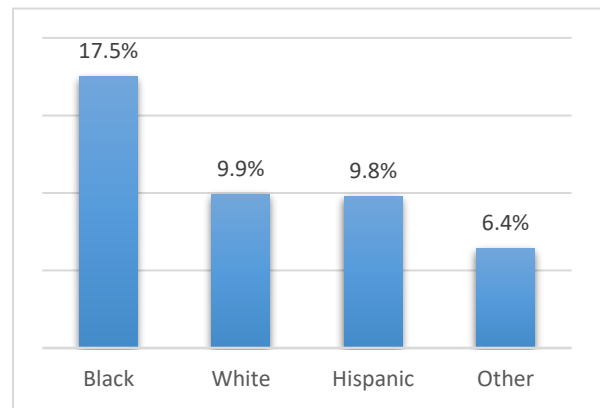
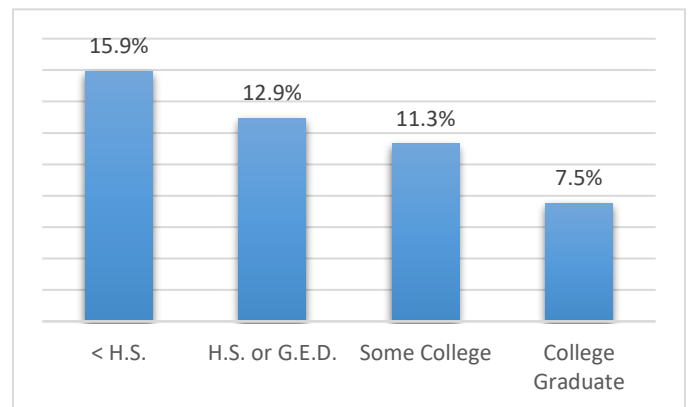


Figure 8. Prevalence of diabetes by education level in 2019.²



References

1. <https://www.vdh.virginia.gov/diabetes/>
2. <https://www.vdh.virginia.gov/brfss/data/>
3. <https://med.virginia.edu/vcdpe/impact-prediabetes-diabetes-virginia/>
4. <https://www.cdc.gov/diabetes/programs/stateandlocal/index.html>
5. <http://www.vhi.org/Products/patientleveldata.asp>