

An estimated 450,000 adults in Indiana have Diabetes.

Black adults are more likely to have diabetes than white adults.

The prevalence of diabetes increases with age.

Adults with lower household incomes and education levels are more likely to have diabetes.

Diabetes in Indiana

THE BURDEN OF DIABETES IN INDIANA

- ◆ 9.3% of adults, or about 450,000, in Indiana have diabetes. An estimated 250,000 adults have undiagnosed diabetes.
- ◆ In 2007, the average yearly health care cost for a person with diabetes in the United States was \$11,744, compared to \$2,935 for a person without diabetes.
- ◆ Diabetes is the 7th leading cause of death for Indiana residents, the 7th leading cause of death for whites and the 4th leading cause of death for blacks.
- ◆ Being overweight or obese as well as physically inactive increases the risk for diabetes. In 2009, 65.0% of Indiana's adult population were considered overweight or obese based on body mass index.
- ◆ Females in Indiana (8.8%) had diabetes prevalence similar to females nationally (8.1%).

SOME ADULTS ARE MORE LIKELY TO HAVE DIABETES

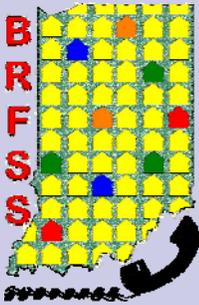
Age	Adults ages 55-64 (18.4%) and 65+ (22.3%) were more likely to have diabetes compared with adults age 18-54 (4.2%).
Race	Black, non-Hispanic adults (13.9%) were more likely to have diabetes compared with white, non-Hispanic adults (9.1%).
Education	Adults with less than a high school education (13.7%) or high school education/GED (11.3%) were more likely than those with a college education (6.3%) to have diabetes.
Income	Adults with household incomes more than \$75,000 (5.8%) were less likely to have diabetes compared to adults with household incomes less than \$25,000 (14.0%).

CARDIOVASCULAR DISEASE AND DIABETES

Adults with diabetes were more likely than adults without diabetes to report ever being diagnosed with a heart attack, coronary heart disease and stroke.



Indiana State
Department of Health



Adult diabetes prevalence increased from 2004-2009 in Indiana.

Losing weight and increasing physical activity can prevent or delay diabetes.

The Diabetes Prevention and Control Program at the Indiana State Department of Health has additional information on diabetes.



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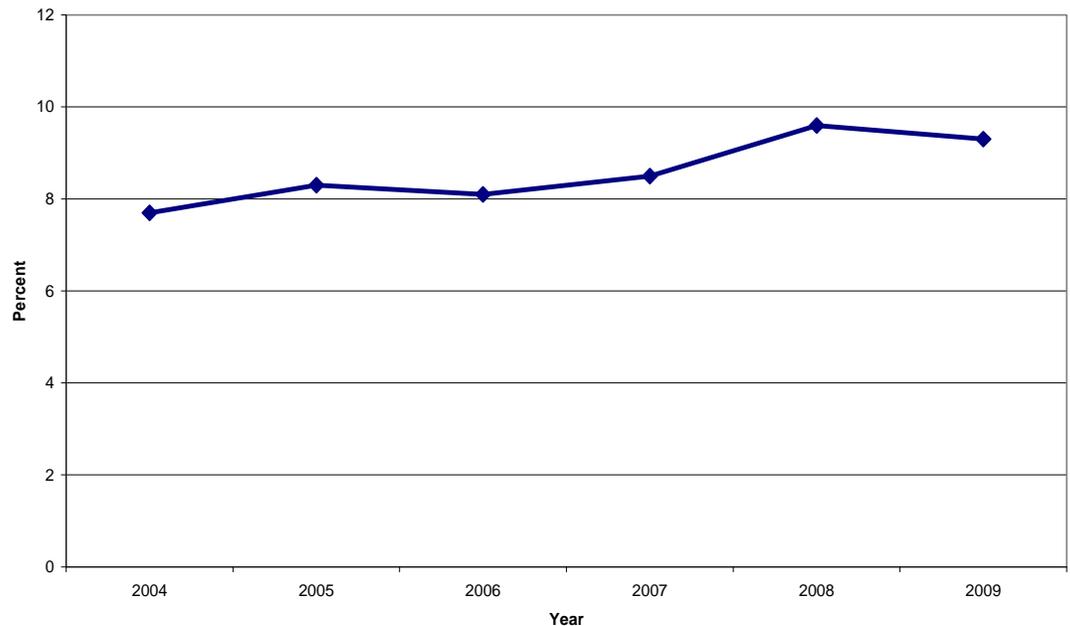
Diabetes in Indiana

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CHANGES IN DIABETES OVER TIME

The percent of adults with diabetes has increased in the past six years (see graph below).

Adult Diabetes Prevalence
Indiana 2004-2009



The progression to diabetes among those with prediabetes is not inevitable. Studies have shown that people with prediabetes who lose weight and increase their physical activity can prevent or delay diabetes (CDC).

Data provided from the 2009 Behavioral Risk Factor Surveillance System and 2007 Indiana mortality data.

For more information on diabetes, visit the Indiana State Department of Health's Diabetes Prevention and Control Program website at <http://www.in.gov/isdh/19701.htm>.



Diabetes Prevention
and Control Program
Indiana State Department of Health