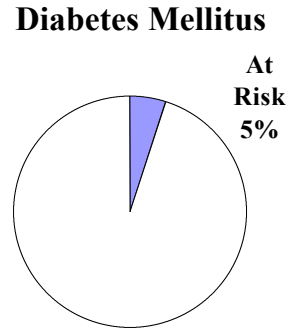


**Diabetes Mellitus:** Respondents ever told by a doctor that they had diabetes, excluding diabetes limited to pregnancy only.



## DIABETES MELLITUS

### Background

*Type 2 diabetes (non-insulin-dependent) usually occurs after age 40 and accounts for 90-95% of the cases of diabetes.*

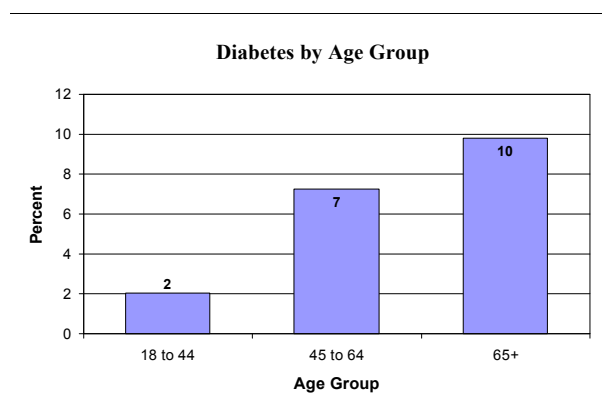
Diabetes mellitus, affecting some 15.7 million people in the United States, is a chronic disease characterized by high levels of glucose (sugar) in the blood as a result of the body's inability to secrete and/or use insulin. Insulin is a hormone produced by the pancreas which helps convert blood glucose into energy. In 1996, diabetes directly caused or contributed to 1,771 deaths among Kansans. Diabetes is a serious chronic disease which can cause or contribute to major complications including heart disease, stroke, blindness, kidney disease, nerve disease, lower limb amputations, dental disease, pregnancy complications, and metabolic complications. Diabetes was associated with 127 new cases of blindness, 592 lower extremity amputations, and 229 new cases of end-stage renal disease among Kansans in 1996.<sup>1</sup> Diabetes is classified into two main types: type 1 (insulin-dependent), which usually begins during childhood or adolescence; and type 2 (non-insulin-dependent) which usually occurs after age 40 and affects 90-95% of those with diabetes.

*Risk factors for type 2 diabetes include obesity, advancing age, lack of physical activity, and high fat diet.*

Genetics appears to be the most important risk factor. Significant risk factors for type 2 diabetes are obesity and advancing age. Other factors which may contribute to type 2 diabetes are lack of physical activity and high fat diet. Public health efforts are targeted to monitoring and improving the quality of medical care and self care for persons with diabetes. These secondary prevention strategies are designed to reduce the incidence of diabetes-related complications.

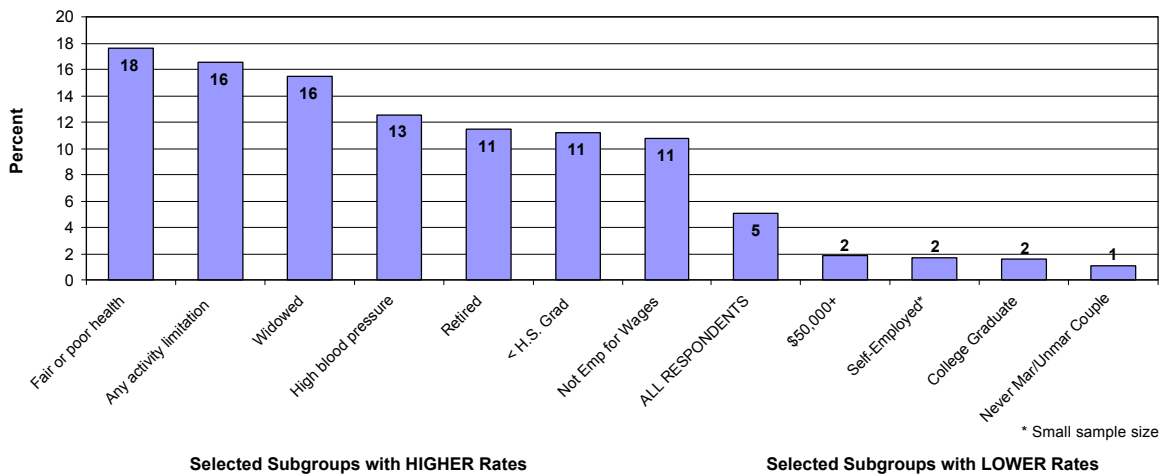
### Who's At Risk in Saline County

Five percent of Saline County respondents reported they had been told by a doctor that they had diabetes (excluding those only told during pregnancy). Six percent of respondents nationally and statewide reported being told that they had diabetes (2000). Although the sample size was too small to demonstrate many significant variations among the subpopulations, risk clearly increased with age.



Eighteen percent of those with self-reported “fair” or “poor” general health and 16% of respondents with an activity limitation also had diabetes. Respondents with high blood pressure also appeared to be more likely than the general population to have diabetes.

**Diabetes by Selected Subpopulations**



**Reference**

<sup>1</sup> Centers for Disease Control and Prevention. (1999). The Burden of Diabetes in Kansas (state fact sheet). Atlanta, GA.