

# Prediabetes Data Summary

Diabetes is the 6<sup>th</sup> leading cause of death among adults and over 800,000 people live with diabetes in Georgia.<sup>1</sup> Individuals with prediabetes have an increased risk of developing Type 2 diabetes, heart disease and stroke. Moreover, individuals with prediabetes often possess cardiovascular risk factors such as hypertension, obesity and high cholesterol. Prediabetes almost always occurs among individuals who eventually develop Type 2 diabetes.<sup>2</sup> In Type 2 diabetes, the body does not use insulin properly which causes blood glucose (sugar) levels to be higher than normal. Approximately 450,000 adults in Georgia have prediabetes.

**Prediabetes (also known as borderline diabetes)** is a medical condition that occurs when blood glucose levels are higher than normal, but are not high enough to be diagnosed as diabetes.<sup>3</sup> Test results among individuals diagnosed with prediabetes include:

- A1C test value: 5.7% - 6.4%
- Impaired fasting blood glucose (IFG) levels: 100-125 mg/dl OR
- Two- hour Oral Glucose Tolerance Test (OGTT) value: 140 mg/dl – 199 mg/dl

**Making healthy lifestyle choices, such as eating healthy foods, being physically active and maintaining a healthy weight, may help to bring blood glucose (sugar) levels down to normal and decrease the risk of developing Type 2 diabetes**

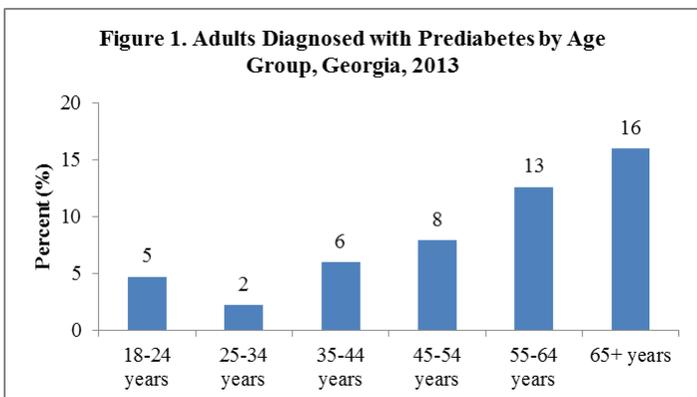


Table 1. Demographic Characteristics among Prediabetics, Georgia, 2013

Demographic Characteristics	Percent (%)	95% CI
<b>State Total</b>	7.9	(7.2, 8.9)
<b>Sex</b>		
Male	7.8	(6.8, 9.5)
Female	7.9	(6.9, 9.1)
<b>Race/Ethnicity</b>		
White Non-Hispanic	8.3	(7.4, 9.4)
Black Non-Hispanic	8.4	(6.7, 10.4)
<b>Annual Income</b>		
Less than \$15,000	6.4	(4.5, 8.9)
\$15,000-\$24,999	7.4	(5.7, 9.6)
\$25,000-\$34,999	9.5	(6.9, 13.0)
\$35,000-\$49,999	7.4	(5.5, 9.9)
\$50,000-\$74,999	8.3	(6.1, 11.1)
\$75,000 or More	7.8	(6.2, 9.8)
<b>Education</b>		
Less than High School	5.8	(4.1, 8.1)
High School Graduate	8.9	(7.3, 10.7)
Some College	9.4	(7.8, 11.4)
College Graduate	6.7	(5.6, 8.1)
<b>Health Coverage</b>		
Has Health Insurance	9.1	(8.1, 10.1)
No Health Insurance	4.4	(3.0, 6.2)

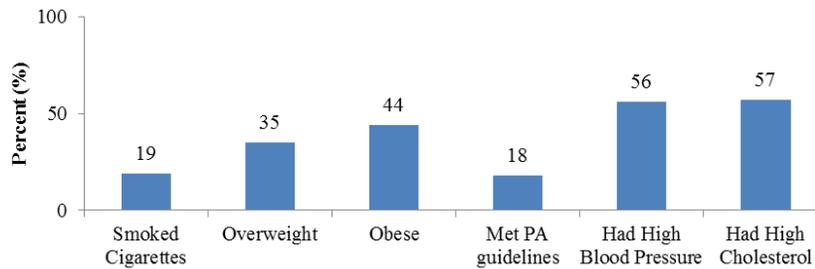
In Georgia during 2013:

- The prevalence of prediabetes was similar among males and females (Figure 1)
- Prediabetes prevalence was similar among non-Hispanic White and non-Hispanic Black adults
- Prediabetes prevalence was highest among adults 65 years and older compared to all other age groups
- Prediabetes prevalence was highest among adults with some form of health insurance (Table 1)
- The prevalence of prediabetes was similar across all income (annual) and education levels



# Prediabetes

Figure 2. Common Prediabetes Risk Factors among Adult Prediabetics, Georgia, 2013



High cholesterol is the most common risk factor among Georgia adults with prediabetes

## In Georgia during 2013:

- **More than one-half (57 percent) adults with prediabetes also had high cholesterol**
- 56 percent of adults with prediabetes also had high blood pressure
- Majority of adult prediabetics were either overweight (35 percent) or obese (44 percent)
- The smoking prevalence among adult prediabetics was 19 percent\*
- Only 18 percent of adult prediabetics met the federal physical activity guidelines\*\* for adults

The prevalence of prediabetes among adults varies among regions of the state

## Distribution of Prediabetes (2012-2013)

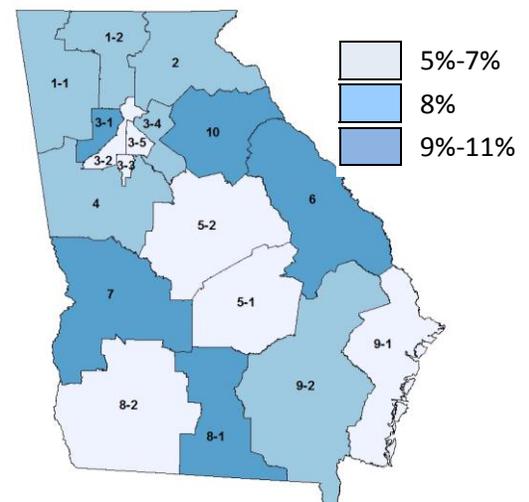
Prediabetes prevalence among adults was highest in the following Public Health Districts:

- 10 Northeast Health District (Athens)
- 7 West Central Health District (Columbus)
- 8-1 South Health District (Valdosta)
- 6 East Central Health District (Augusta)

Prediabetes prevalence among adults was lowest in the following Public Health Districts:

- 8-2 Southwest Health District (Albany)
- 3-2 Fulton Health District
- 5-2 North Central Health District (Macon)
- 3-3 Clayton County Health District (Jonesboro)
- 9-1 Coastal Health District (Savannah)

Map 1. Prevalence of Prediabetes among Adults, by Public Health District, Georgia, 2012-2013



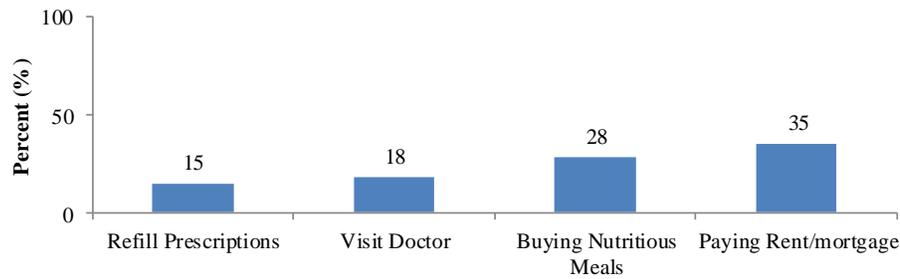
\*The 2014 Surgeon General's Report states that smoking is a known risk factor for diabetes<sup>4</sup>

\*\*2008 Physical Activity Guidelines for Adults<sup>5</sup>

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) **OR** 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) **OR** An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

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**Figure 3. Economic Constraints\* among Adult Prediabetics, Georgia, 2013**



**Approximately 18 percent of adults with prediabetes did not see a physician due to cost.**

## **Economic Constraints\***

Among adults with prediabetes in Georgia (2013):

- 15 percent reported they did not fill or take their medication as prescribed due to cost
- **18 percent reported they did not see a doctor due to cost**
- 28 percent reported they were worried about having enough money to buy nutritious meals
- **Over one-third (35 percent) reported they were worried about having enough money to pay rent/mortgage**

\*Economic constraints is defined as 1) cost being the reason for not refilling prescriptions or seeing a doctor or 2) worrying about having enough money to buy meals or pay rent/mortgage

## **References**

1. Vital Records Program, Georgia Department of Public Health, 2013.
2. National Center for Chronic Disease Prevention and Health Department (2014). National Diabetes Report Available at <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>
3. American Diabetes Association (ADA) Standards of Medical Care in Diabetes-2014. Available at: [http://care.diabetesjournals.org/content/37/Supplement\\_1/S14.full.pdf+html](http://care.diabetesjournals.org/content/37/Supplement_1/S14.full.pdf+html)
4. U.S Department of Health and Human Services (2014). Surgeon General Report. Available at: <http://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>
5. Centers for Disease Control and Prevention (2014). 2008 Physical Activity Guidelines for Adults, available at: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Data Source: Georgia Behavioral Risk Factor Surveillance Survey (BRFSS), 2013