

Diabetes Facts

The Types:

Type 1 occurs when the body *does not produce any* insulin. It accounts for 5-10% of all diabetes cases and primarily affects children and adolescents.

Gestational Diabetes occurs in pregnant women and starts when the body is not able make and use all the insulin it needs for pregnancy.

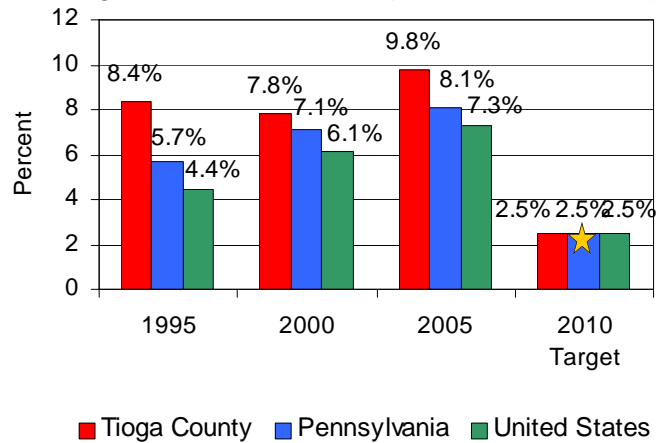
Type 2 occurs when the body *does not produce enough* insulin or it cannot process insulin properly. It accounts for 90-95% of all pre-diabetes cases and primarily affects adults.

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of Type 2 diabetes.

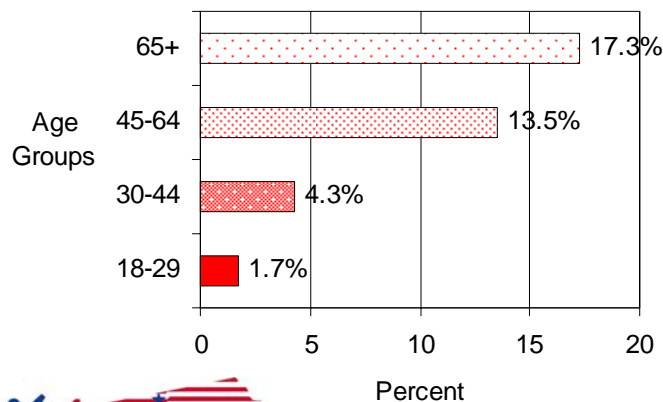
The Numbers: (Nationally)

Diagnosed: 14.6 million
 Undiagnosed: 6.2 Million
 Pre-diabetes: 41 million
 Deaths: 73,249 primary cause
 224,092 underlying cause
 (6th leading cause of death)

Percent of Adults Who Report They Have Been Diagnosed with Diabetes (Lifetime Prevalence)



Percent of Tioga County Adults, by Age, Who Report They Have Been Diagnosed with Diabetes (Lifetime Prevalence)



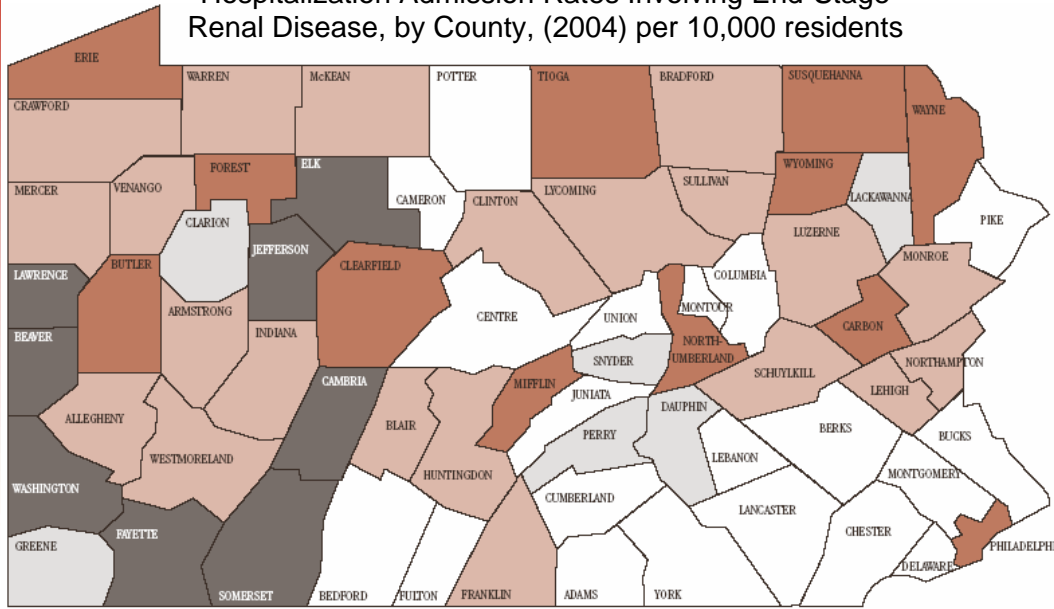
The Risk Factors:

- Genetic predisposition
- Older age
- Inactivity
- Overweight/Obesity

Take the Diabetes Risk Test at:
www.diabetes.org/risk-test.jsp



Hospitalization Admission Rates Involving End-Stage Renal Disease, by County, (2004) per 10,000 residents



Legend for Hospitalization Admission Rates:

- < 16
- 16 to 20
- 20 to 25
- 25 to 29
- > 29

The Complications

- Heart disease and stroke
- High blood pressure
- Blindness
- Kidney disorders
- Nervous system disorders
- Amputations

The Cure:

None

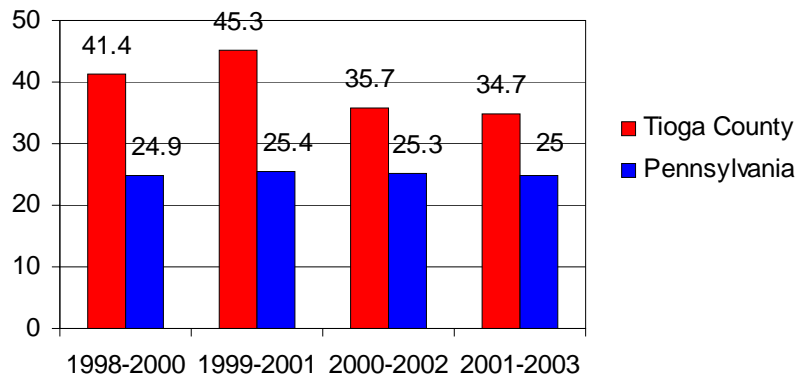
The Treatment:

- Regular visits with your doctor
- Diabetic diet
- Blood Glucose monitoring
- Insulin and/or oral medication
- Dialysis
- Transplant

The Prevention:

- Healthy meal planning
- Increased physical activity
- Weight loss or weight maintenance
- Smoking cessation
- Reduce and/or deal with stresses

Age-Adjusted Diabetes Death Rate per 100,000



Data for this fact sheet were taken from the following sources: The American Diabetes Association, the Pennsylvania Department of Health, Bureau of Health Statistics, the Tioga County Partnership for Community Health and the Pennsylvania Health Care Cost Containment Council. For further information regarding this fact sheet, please call (570) 662 - 4767 or email: lshelham@mansfield.edu. www.mansfield.edu/~tcpch/

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