The prevalence of diabetes is increasing

- In 2011, an estimated 10.0% of Michigan adults 18 years and older have been diagnosed with diabetes — about 758,300 people.  
- An additional 250,200 Michigan adults are thought to have diabetes but are currently undiagnosed.  
- Nationally, approximately 35% of adults age 20 and older are estimated to have prediabetes, putting them at high risk for developing type 2 diabetes. However, in 2010, only an estimated 6.4% of Michigan adults reported ever being told they had prediabetes.  
- In 2010, Michigan was tied with Arkansas with the 13th highest rate in the nation for diabetes prevalence among adults.  
- The prevalence of diabetes among Michigan adults increased by 40% between 2001-2010 (Figure 1).  

- In Michigan, the prevalence of diabetes among both African American (5.0%) and Hispanic adults (5.4%) ages 18-44 years was twice that of their White counterparts (2.5%). This disparity between Whites and African Americans continued for older adults, but was not clearly determined for the Hispanic population (Figure 2).  
- Prevalence of diabetes among the general population 45-54 years old (9.1%) was nearly three times the prevalence among 18-44 years old (3.2%), supporting the American Diabetes Association (ADA) recommendation for diabetes screening starting at 45 years old (Figure 2).  

Figure 1. Diabetes Prevalence among Adults, U.S. vs. Michigan, 2001-2010

Figure 2. Reported Diabetes Prevalence by Race/Ethnicity and Age, Adults, Michigan, 2008-10 Combined
There are serious consequences from uncontrolled diabetes

- In 2010, there were 286,368 hospitalizations related to adults with diabetes and 8,584 diabetes-related deaths for all ages.\(^7,8\)
- Among adults in Michigan, 8,741 diabetes-related stroke hospitalizations and 68,224 diabetes-related cardiovascular disease hospitalizations occurred in 2010.\(^7\)
- In Michigan, 27.4% of adult persons with diabetes (PWD) were previously told by a health care provider that they had a heart attack, coronary heart disease, and/or a stroke.\(^4\)
- In 2011, nearly 24% of Michigan adult PWD reported ever being told that they had diabetes-related retinopathy.\(^4\)
- In 2010, diabetes was responsible for 42% of all new ESRD cases (Figure 3a). The age-adjusted rate of new diabetes-related ESRD cases was 168 per 100,000 PWD in 2010.\(^9\)
- Among adults in Michigan, 75% (2,868) of all non-traumatic lower limb amputations were diabetes-related in 2010 (Figure 3b).\(^7\)

Diabetes is controllable through self-management and healthy lifestyle choices

- Regular exercise can help maintain glycemic (blood sugar) control. The ADA recommends adult PWD perform at least 150 min per week of moderate-intensity aerobic exercise and resistance training at least twice per week.\(^6\)
- Adult PWD in Michigan were more likely to have no leisure-time physical activity than those without diabetes in Michigan (Table 1).\(^4\)
- Unhealthy weight, high blood pressure and high cholesterol were also significantly higher among adult PWD than adult persons without diabetes in 2011 (Table 1).\(^4\)

At least $8 billion was spent to treat undiagnosed and diagnosed diabetes in Michigan in 2011.\(^10\)

Michigan can save $545 million across all chronic diseases by investing $10 in preventive care per person per year.\(^10\)

Table 1. Controllable Factors, Adult Persons with Diabetes (PWD) Compared to Adults Persons

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Among PWD (%)</th>
<th>People without Diabetes (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No leisure-time physical activity</td>
<td>35.2</td>
<td>22.3</td>
</tr>
<tr>
<td>Overweight or Obese</td>
<td>89.3</td>
<td>62.8</td>
</tr>
<tr>
<td>Obese</td>
<td>61.1</td>
<td>27.9</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>78.2</td>
<td>29.3</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>69.9</td>
<td>38.0</td>
</tr>
</tbody>
</table>

Source: Vital Records and Health Statistics

Source: MiBRFSS [www.michigan.gov/brfs]
Diabetes education works

- Diabetes self-management education (DSME) is a critical element of care for all PWD and those at risk for developing the disease.\(^1\)
- DSME programs help PWD to prevent or delay the complications of diabetes and manage health care cost.\(^1\)
- An estimated $900 per person may be saved annually by PWD who complete self-management education courses.\(^2\)
- In 2011, 54.7% of Michigan adults with diabetes reported receiving formal diabetes education.
- PWD in Michigan who received formal diabetes education showed significantly higher adherence to self management and preventive service recommendations than those who did not (Figure 4).\(^3\)

For more diabetes information in Michigan, please visit [www.michigan.gov/diabetes](http://www.michigan.gov/diabetes)

### References

4. Michigan Behavioral Risk Factor Surveillance System, Bureau of Disease Control, Prevention, and Epidemiology, Lifecourse Epidemiology and Genomics Division, MDCH.
7. 2010 Michigan Inpatient Database, Division for Vital Records and Health Statistics, Bureau of Local Health and Administration Services, MDCH.