

TYPE II DIABETES

in South Dakota



RISK FACTORS FOR TYPE II DIABETES

THE MAIN RISK FACTORS FOR DEVELOPING
TYPE II DIABETES INCLUDE:



FAMILY
HISTORY



AGE



PHYSICAL
INACTIVITY



OVERWEIGHT/
OBESITY



55%

OF SOUTH DAKOTANS
REPORT **NOT**
ACHIEVING THE
RECOMMENDED
AMOUNT OF
PHYSICAL ACTIVITY.



25%

OF SOUTH DAKOTANS
REPORT **ACHIEVING**
NO LEISURE TIME
PHYSICAL ACTIVITY
IN THE PAST **30 DAYS**.



65%

OF SOUTH DAKOTANS
SELF REPORT BEING
OVERWEIGHT OR
OBESE.



33%

OF SOUTH DAKOTA
SCHOOL-AGED
CHILDREN ARE
OVERWEIGHT OR
OBESE.

42,000

REPORTED NUMBER OF **SOUTH DAKOTANS** OVER THE AGE OF 18 **DIAGNOSED WITH DIABETES** IN 2010.

90-95%

OF DIAGNOSED CASES OF
DIABETES IN ADULTS ARE **TYPE II**.

200,000

ESTIMATED NUMBER OF SOUTH DAKOTANS OVER THE AGE OF 18 TO HAVE **PRE-DIABETES**.

PREVENTING TYPE II DIABETES



58% REDUCTION IN THE DEVELOPMENT OF
TYPE II DIABETES WITH **5-7% BODY WEIGHT REDUCTION** AND INCREASED PHYSICAL ACTIVITY.

MEDICAL EXPENDITURES ARE **2.3% HIGHER** FOR THOSE WITH DIAGNOSED
DIABETES THAN FOR THOSE WITHOUT.



DIAGNOSED DIABETES **COSTS THE U.S. \$245 BILLION** ANNUALLY.

COMPLICATIONS OF TYPE II DIABETES

1

DIABETES IS THE
7TH LEADING CAUSE OF DEATH IN
SOUTH DAKOTA.

2

PEOPLE WITH
DIABETES ARE
2-4 TIMES MORE LIKELY TO DEVELOP HEART DISEASE OR STROKE.

3

DIABETES IS THE
LEADING CAUSE OF NEW CASES OF **BLINDNESS** AMONG ADULTS **AGED 20-74 YEARS.**

4

MORE THAN
60% OF NON-TRAUMATIC LOWER-LIMB AMPUTATIONS OCCUR IN PEOPLE WITH DIABETES.

5

DIABETES IS THE **LEADING CAUSE OF KIDNEY FAILURE**, ACCOUNTING FOR **44% OF ALL NEW CASES OF KIDNEY FAILURE** IN 2008.



SOUTH DAKOTA
DEPARTMENT OF HEALTH

<http://diabetes.sd.gov>

Sources

- US Census: <http://quickfacts.census.gov/qfd/states/46000.html>
- SD BRFSS: <http://doh.sd.gov/Statistics/>
- National Diabetes Fact Sheet: http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf
- ADA: <http://www.diabetes.org/advocate/resources/cost-of-diabetes.html>

- CDC Diabetes: <http://www.cdc.gov/diabetes/pubs/general11.htm#what>
- 2010 SD Mortality Report: <http://doh.sd.gov/Statistics/2010Vital/Mortality.pdf>
- SD School Height/Weight Report: <http://doh.sd.gov/SchoolWeight/PDF/2011-2012Summary.pdf>