



Diabetes Fact Sheet



**Kane County
Health Department**

Version 1.1

What is Diabetes?

People with diabetes usually present with high blood glucose levels resulting from the body's inability to process blood glucose due to a defective insulin production or action or both. Diabetes, if uncontrolled, can lead to premature death and disability.

Types of Diabetes

Type 1 diabetes: insulin dependent. Its risk factors are autoimmune, genetic, or environmental. Type 1 diabetes accounts for only about 5% of all diabetes cases.

Type 2 diabetes: occurs as a result of the body not utilizing insulin properly. It is usually non-insulin dependent and accounts for more than 90% of diabetes cases. Risk factors for these are: older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity. Type 2 diabetes is now being diagnosed in children and adolescents due to increasing incidence of obesity in children.

Gestational Diabetes: high level of blood sugar occurring during pregnancy. Risk factors are: race/ethnicity, obesity, family history of diabetes.

Pre-diabetes: a condition where the blood glucose level is higher than normal but not high enough to be considered type 2. Such people are more likely to develop type 2 diabetes.

Facts

- 16 out of every 100,000 people died from diabetes in Kane County in 2010, making it the 8th leading cause of death.
- Untreated diabetes leads to serious complications and disability.
- It is a risk factor for many diseases such as heart disease, stroke, kidney disease, etc.
- It increases risk of cholesterol and triglyceride abnormalities, obesity, and high blood pressure.
- It may result in blindness, cataract or glaucoma.
- It may result in nerve damage, circulation problems and infection which affects lower extremities, resulting in amputations.
- It is estimated to cost about \$116 billion a year nationally, and estimated to increase to \$336 billion a year by 2034.

More Facts

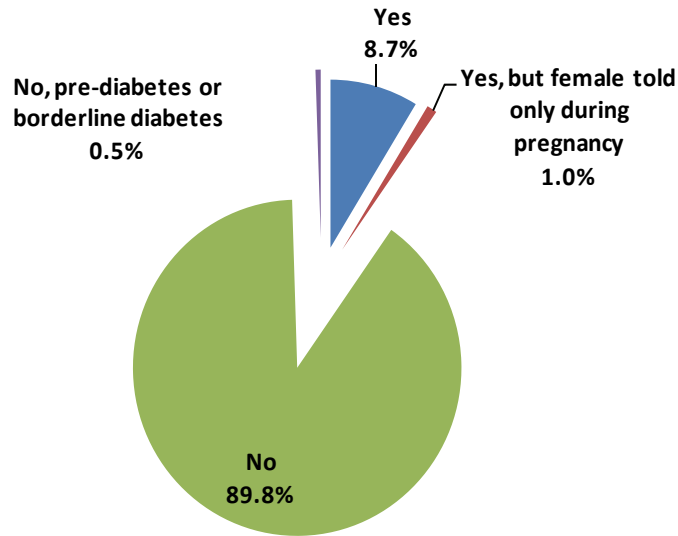
- 7% of Kane County adults reported being told by a medical provider that they have diabetes; in Southern Kane County, that rate was 10.7%.
- Only about half of adults in Central Kane County were tested for diabetes in the last three years.
- A third of adults with diabetes in Kane County reported currently taking insulin.
- 13% of adults with diabetes reported that they had not been checked for A1C in the past 12 months.
- 14% had not seen a health care provider for their diabetes in the last 12 months.
- 28% of adults with diabetes had never taken a class on management of their diabetes.
- Prevalence of diabetes in adults was higher among females than males and higher among racial/ethnic minorities than Whites in Kane County.
- 16% of adults with less than \$10,000 income had diabetes compared to 6% with income over \$75,000.
- 12% of Kane County adults with high school diploma or less reported having diabetes compared to 5% of college graduates.

Contributing Factors for Diabetes

- Excessive calorie consumption
- Inadequate physical activity
- Consuming unhealthy foods

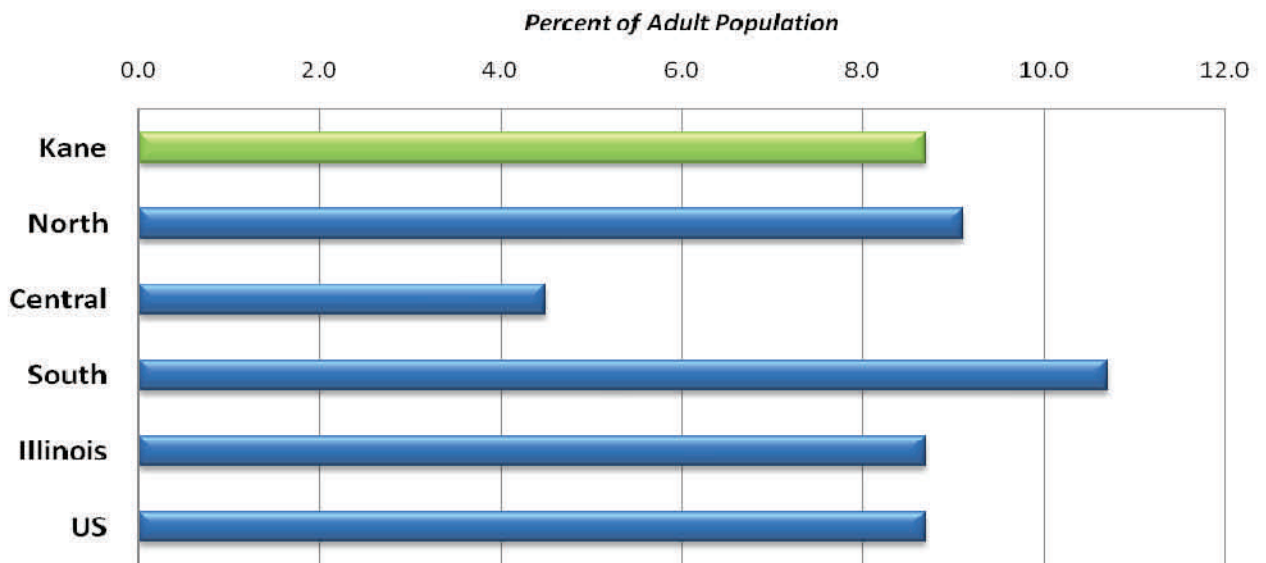
Risk and contributing factors may be caused by behavioral, cultural, environmental, genetic, metabolic and socio-economic factors. Most contributing factors are preventable.

Kane County Adults Ever Been Told by a Healthcare Provider That They Have Diabetes



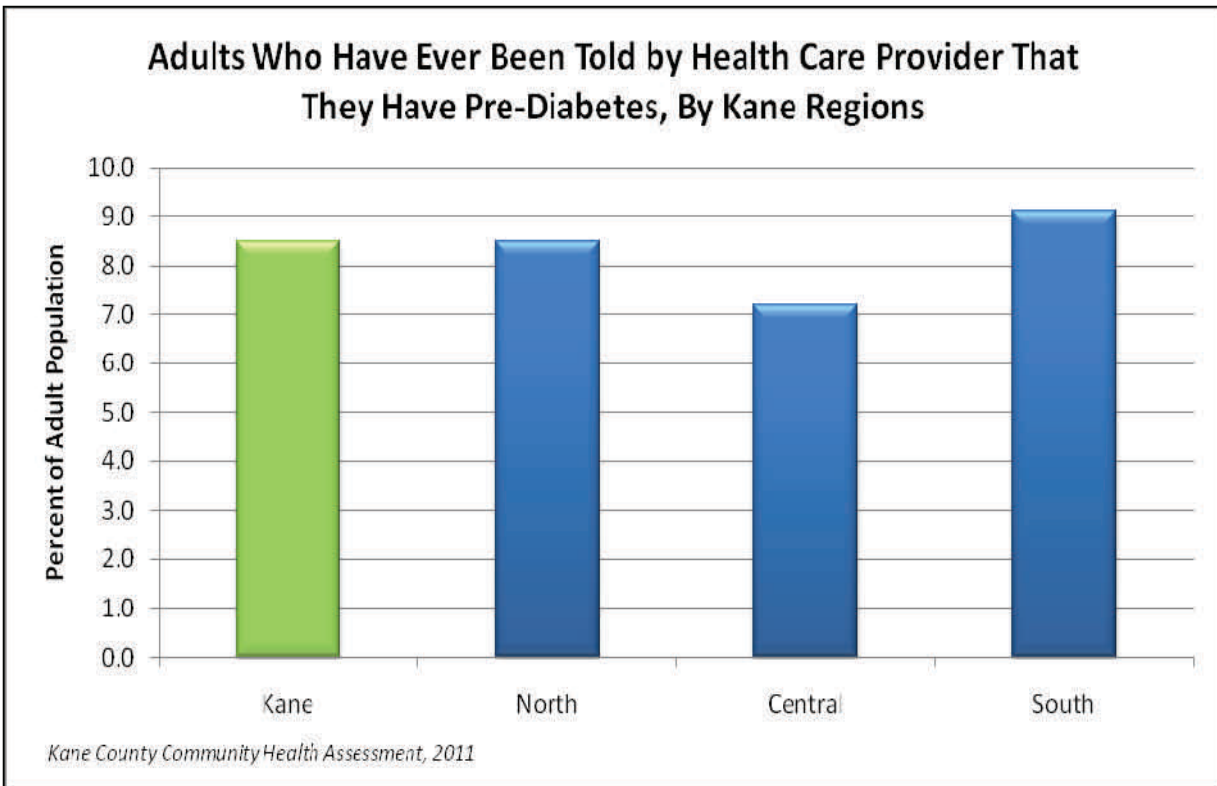
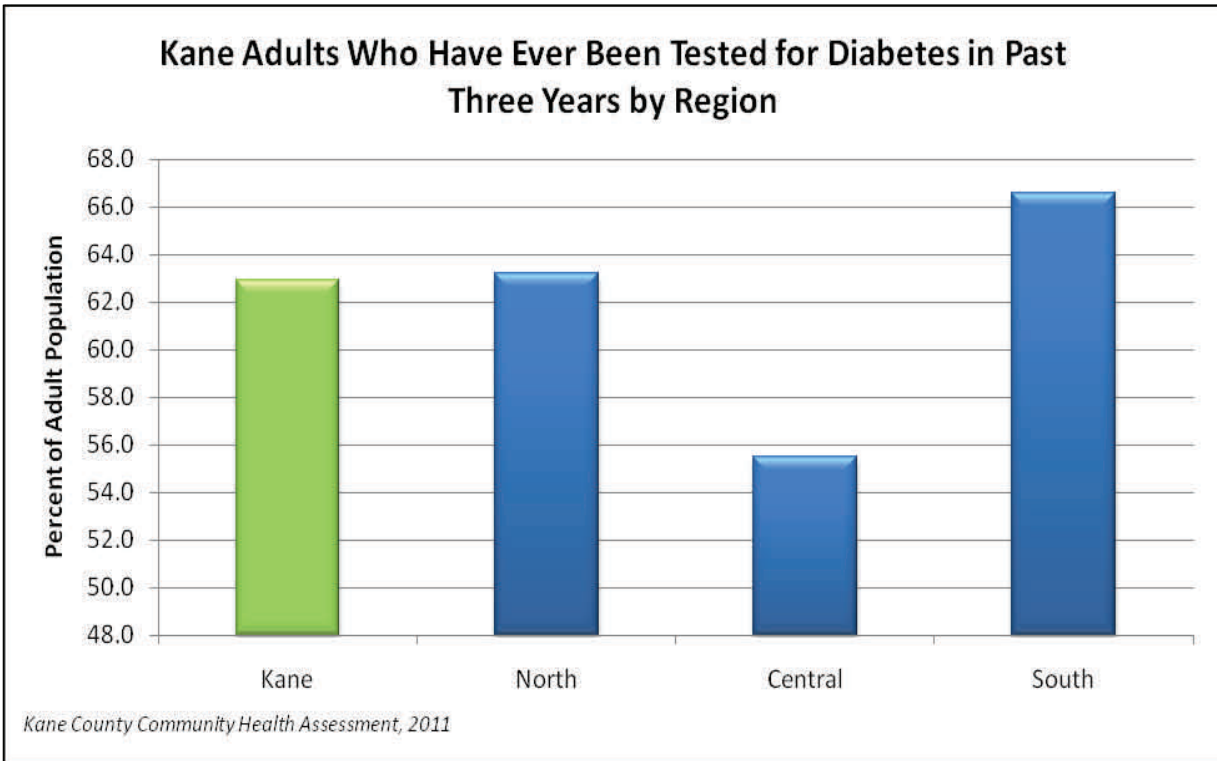
Kane County Community Health Assessment, 2011

Adults Who Have Ever Been Told by a Health Care Provider That They Had Diabetes, By Kane Regions

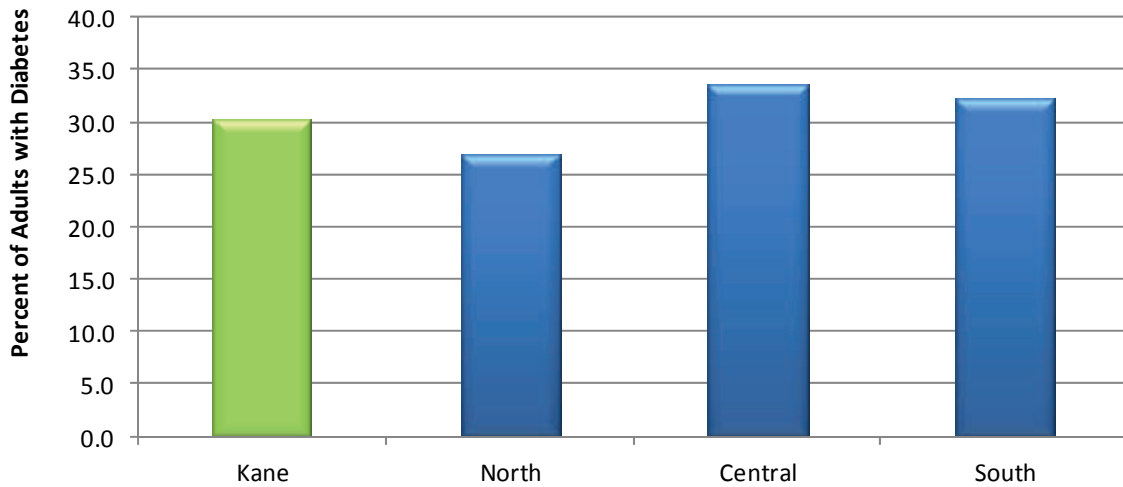


Kane County Community Health Assessment, 2011

Definition of Kane County Regions can be found on the back page

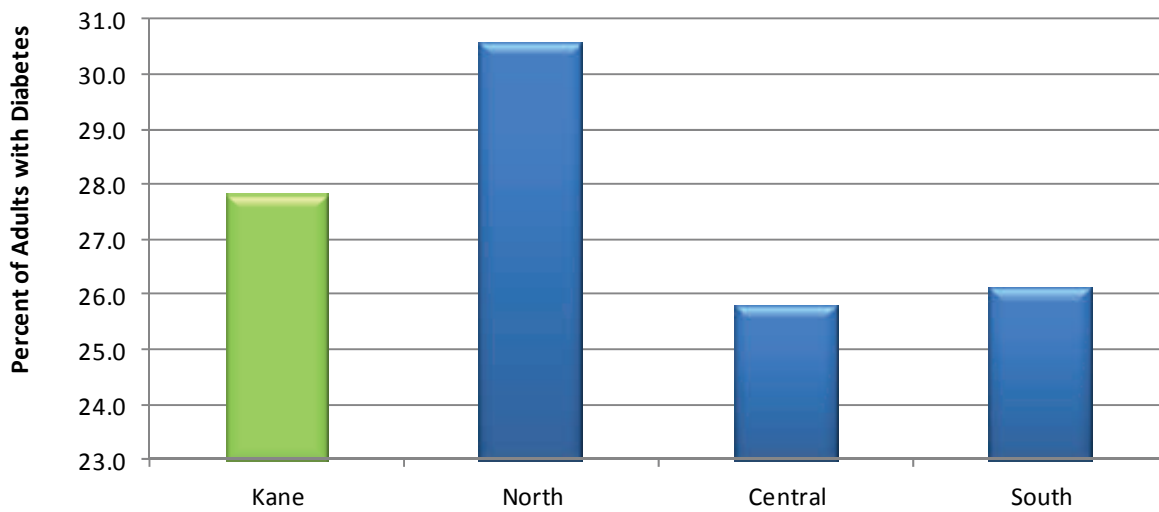


Percent of Adults with Diabetes and Now Taking Insulin by Region



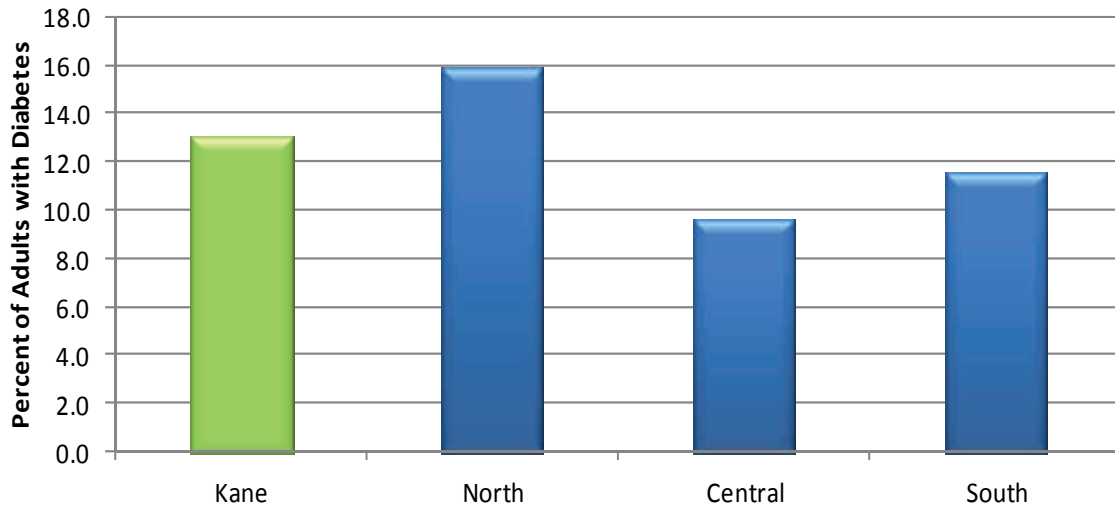
Kane County Community Health Assessment, 2011

Adults with Diabetes Who Have Never Taken a Class on Management of Diabetes



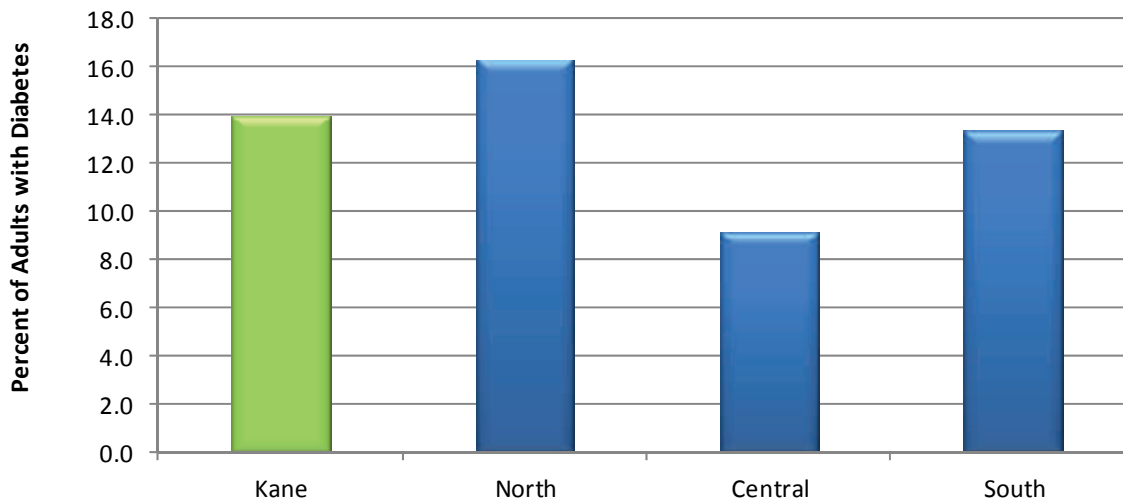
Kane County Community Health Assessment, 2011

Adults with Diabetes and Have not Been Checked in 12 Months for A 1 C



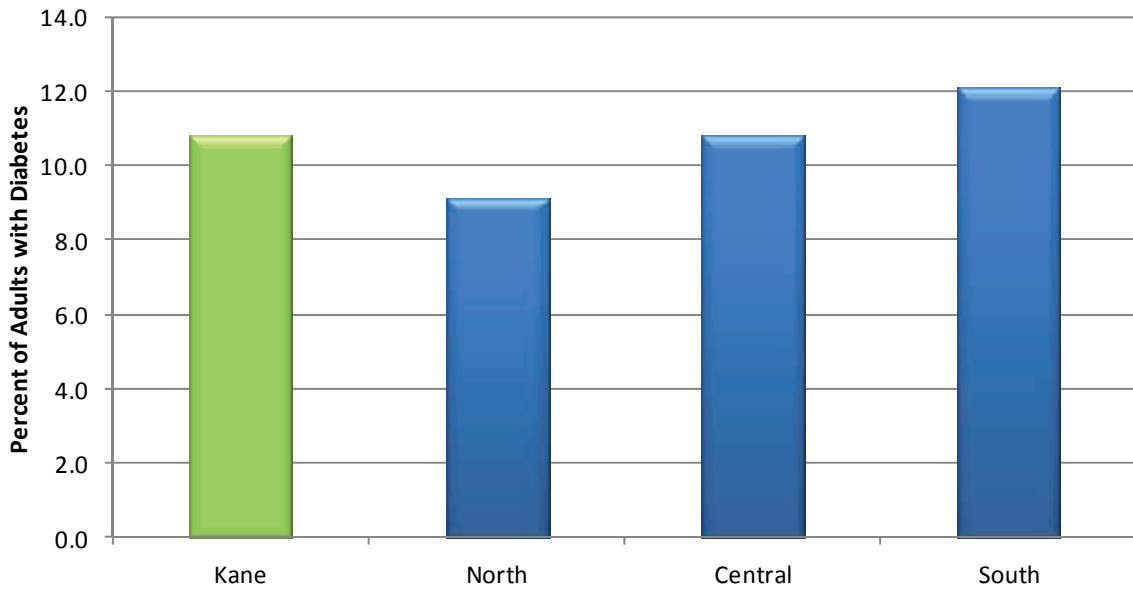
Kane County Community Health Assessment, 2011

Adults with Diabetes and not Seen by a Health Care Provider in Past 12 Months



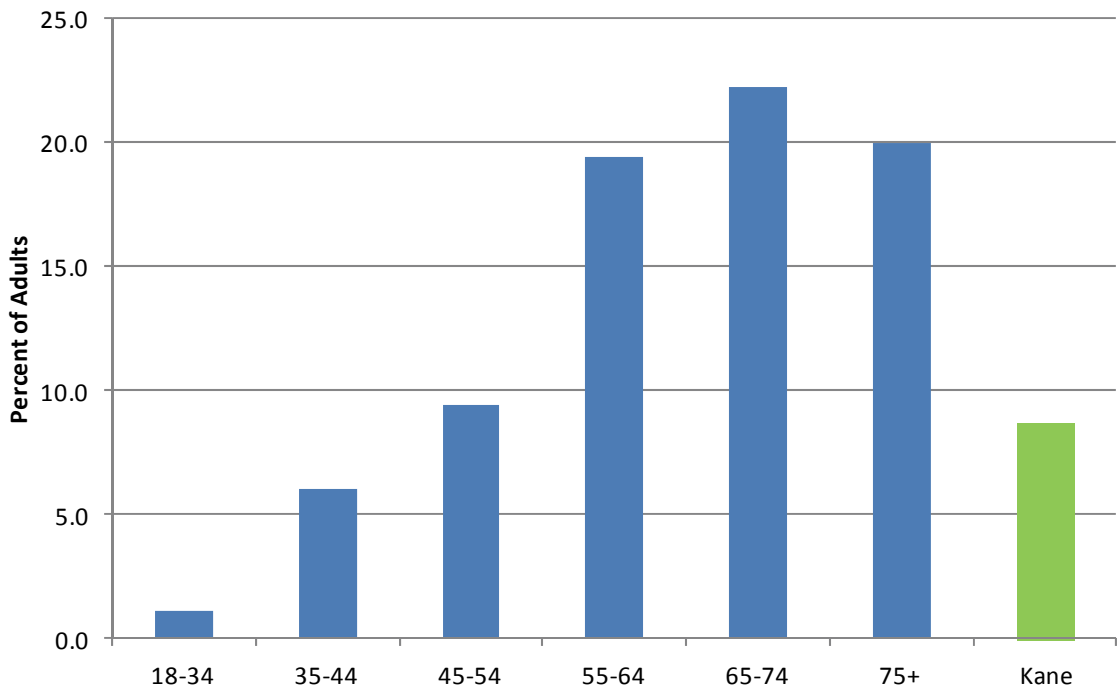
Kane County Community Health Assessment, 2011

Adults with Diabetes who Have Retinopathy



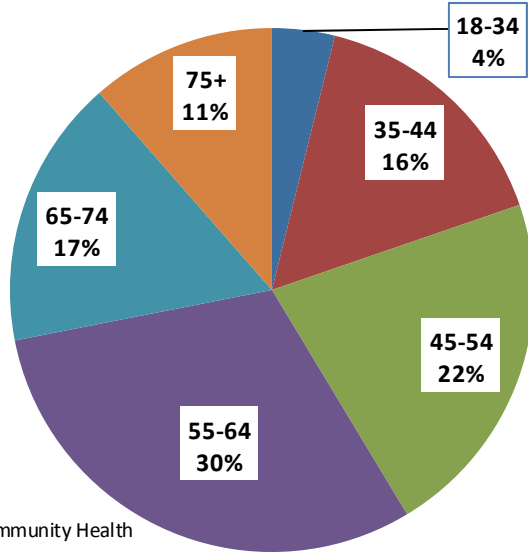
Kane County Community Health Assessment, 2011

Diabetes Prevalence By Age Group, Kane 2011



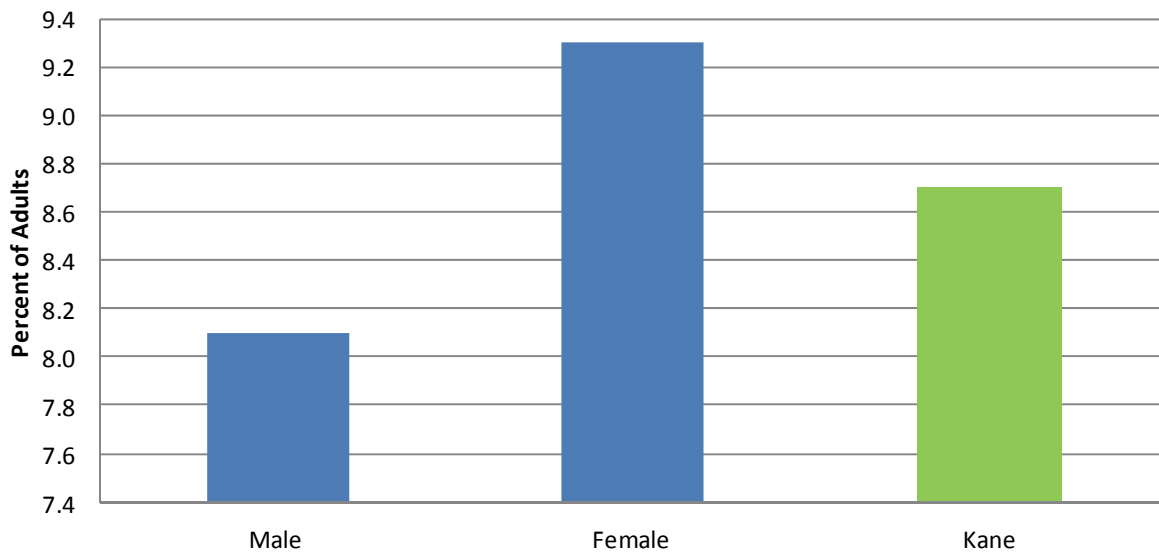
Kane County Community Health Assessment, 2011

Age Distribution of Adults with Diabetes in Kane County



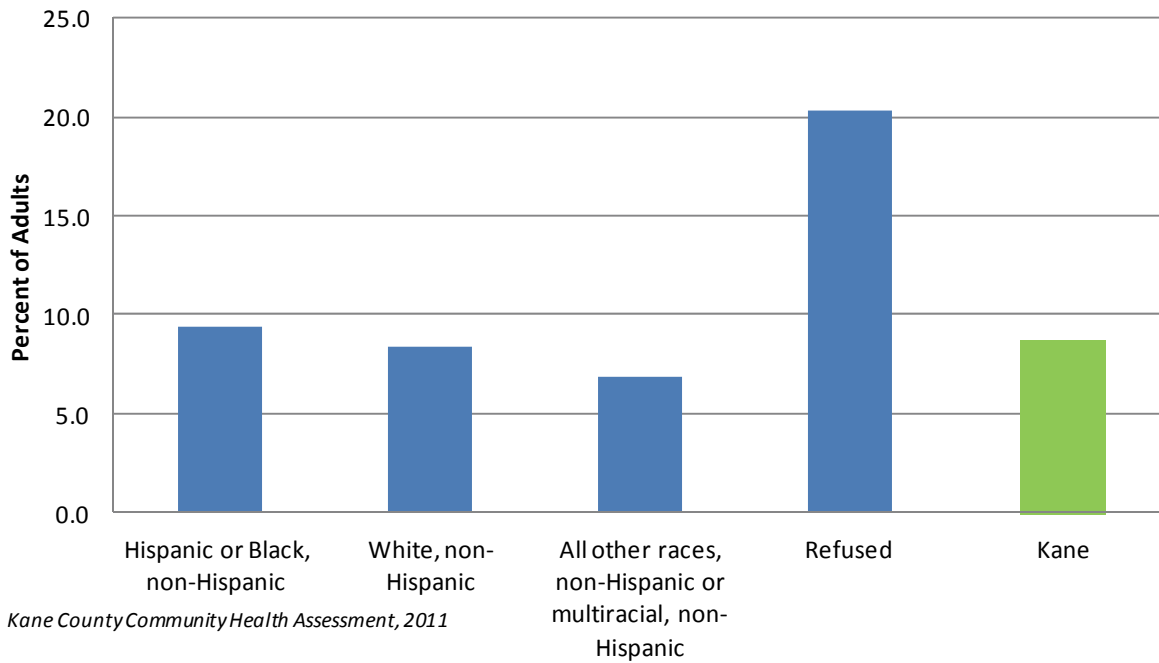
Source: Kane County Community Health Assessment, 2011

Diabetes Among Kane County Adults By Gender

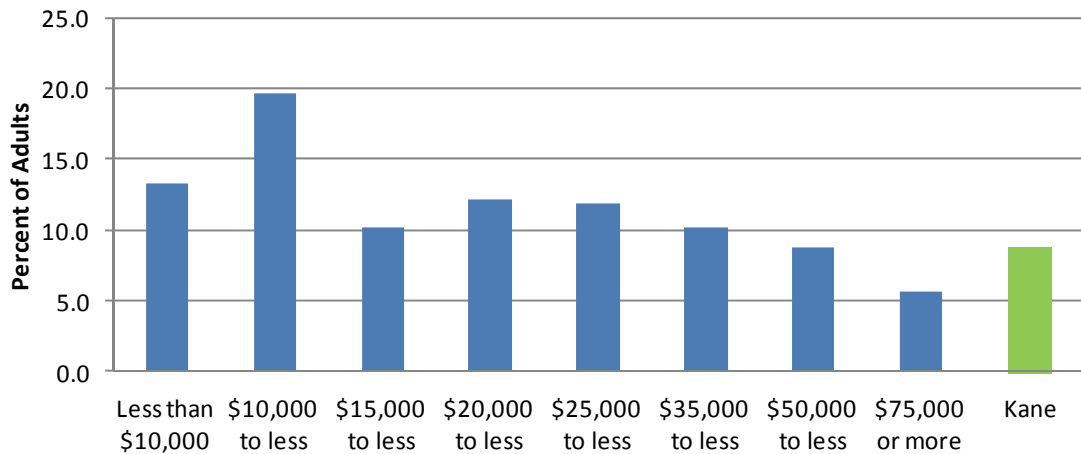


Kane County Community Health Assessment, 2011

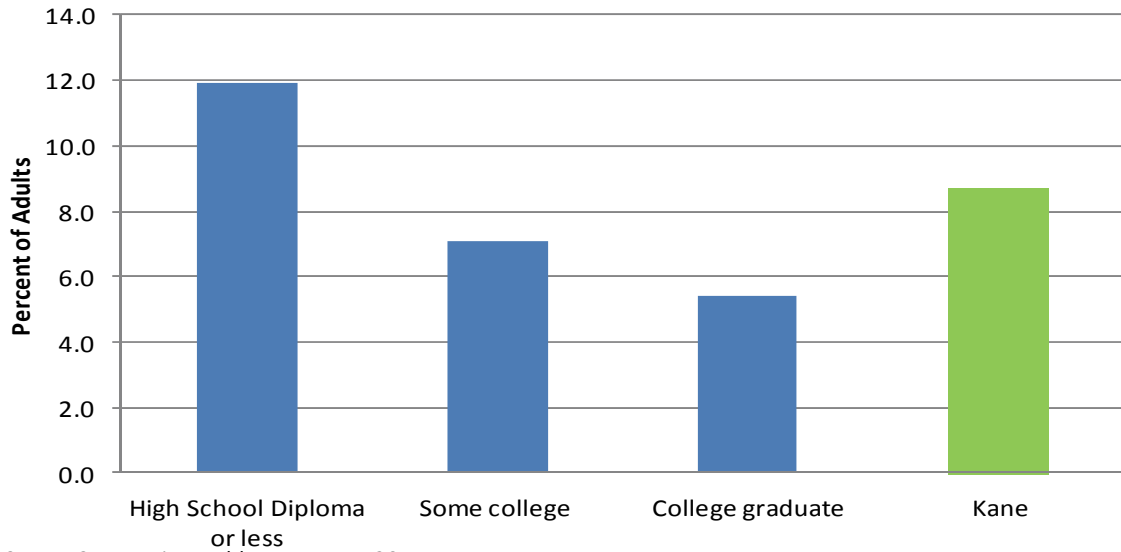
Diabetes Among Kane County Adults By Race/Ethnicity



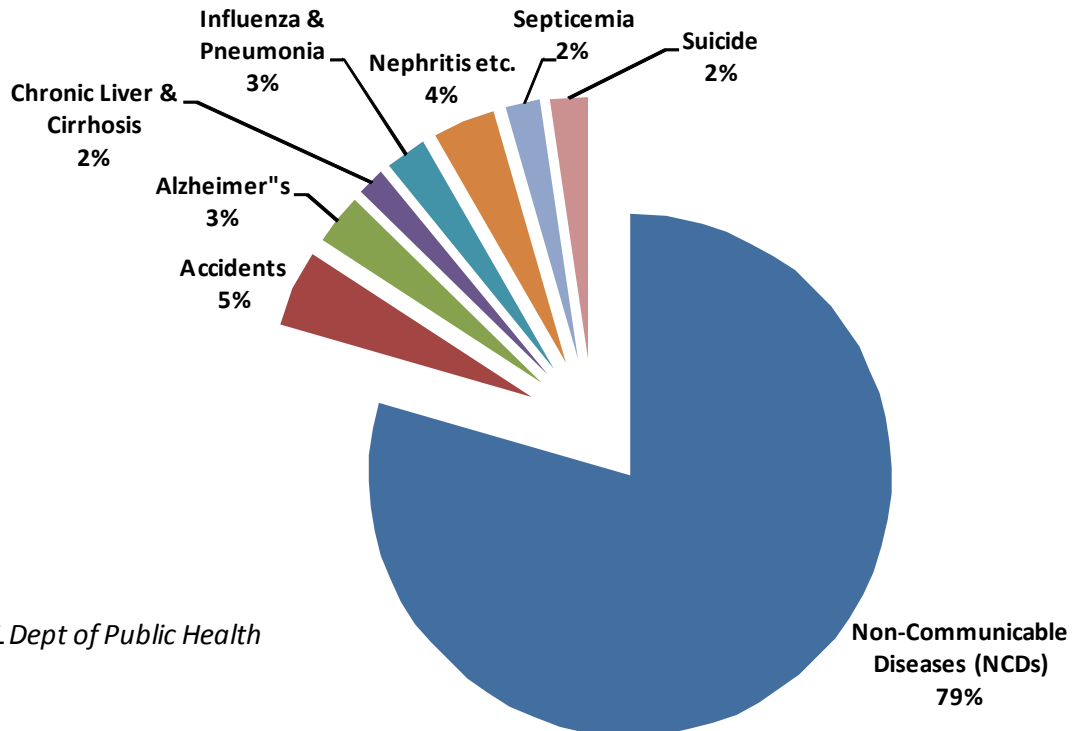
Diabetes Among Kane County Adults By Income

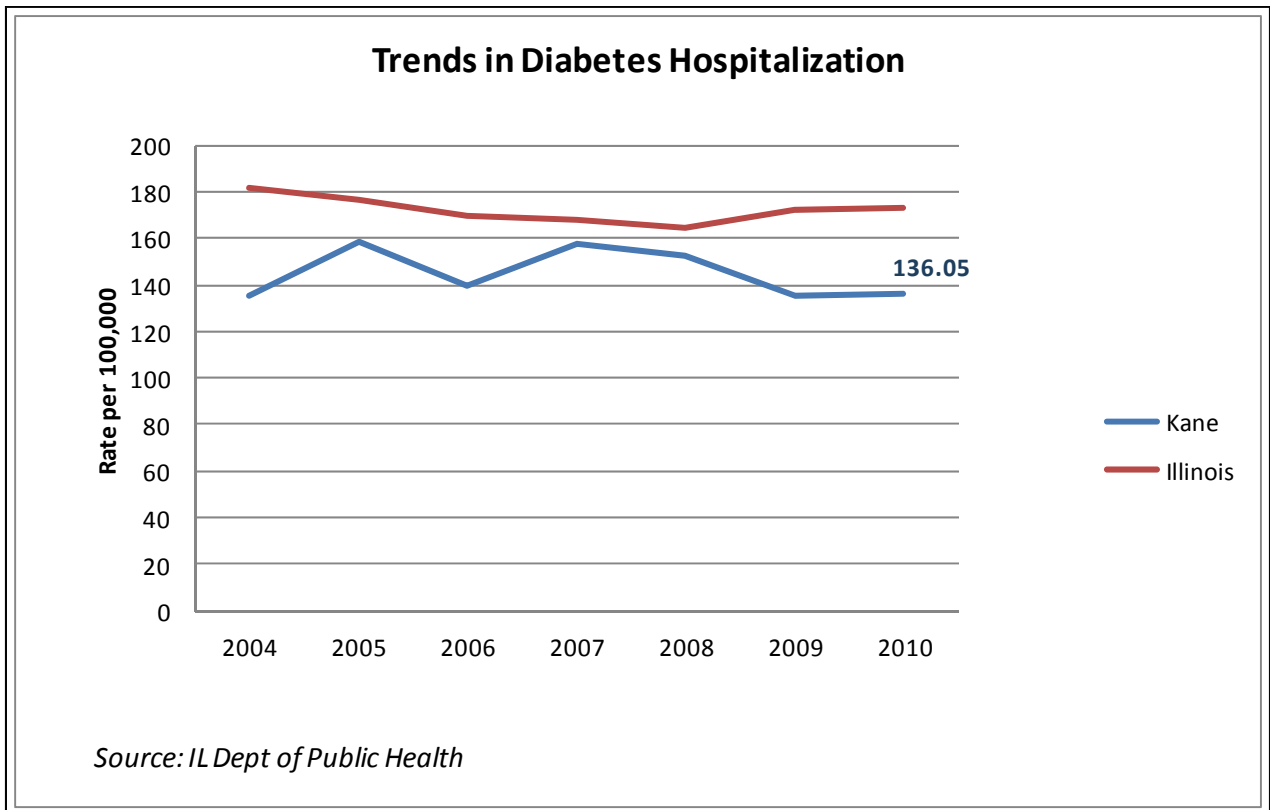
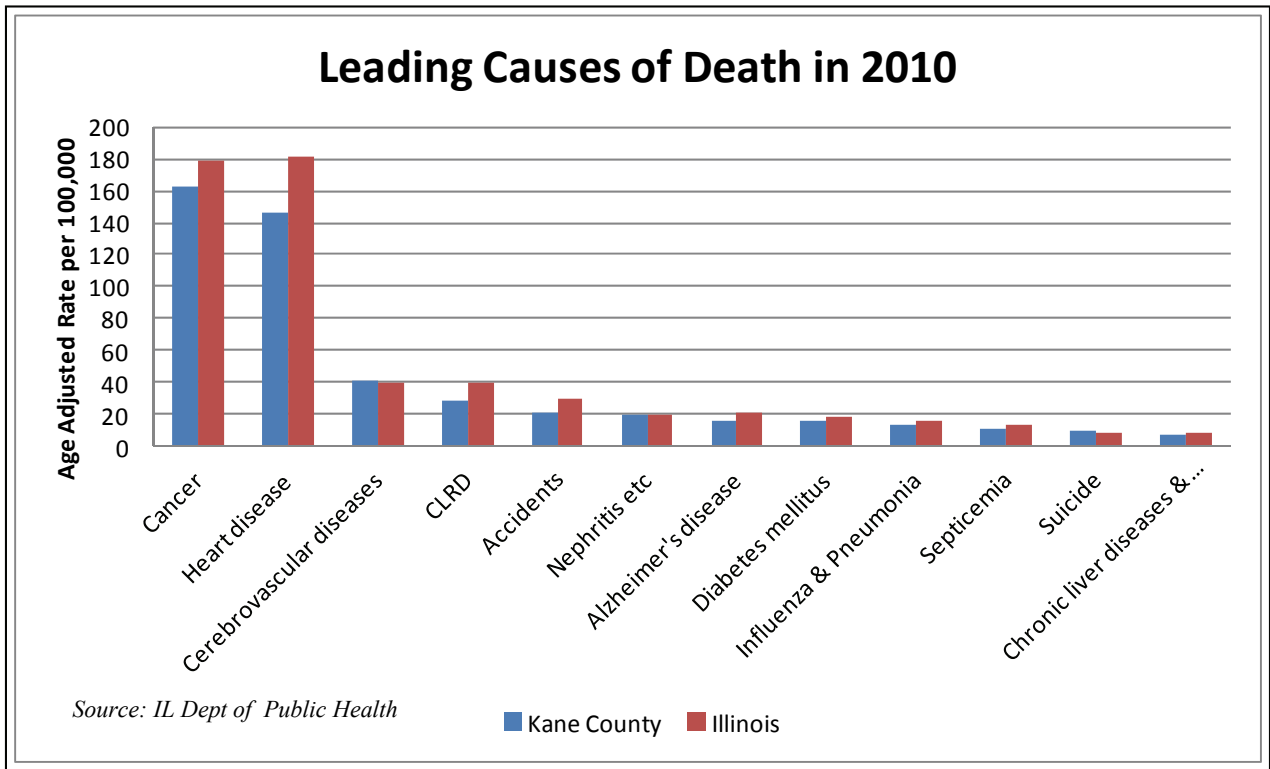


Diabetes Among Kane County Adults By Education

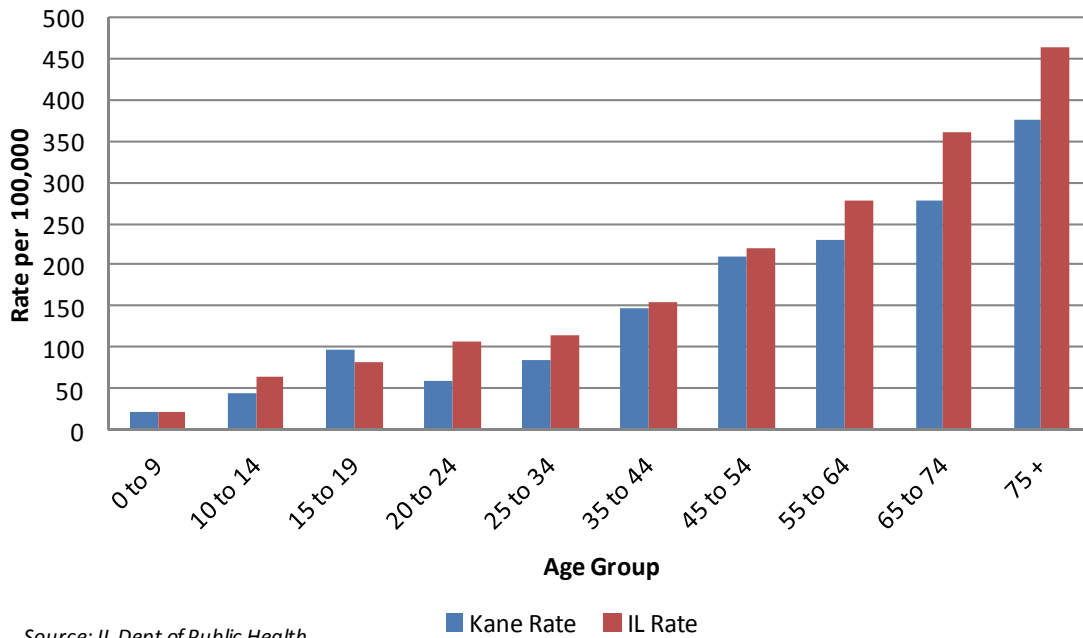


Mortality Distribution of Kane County, 2010

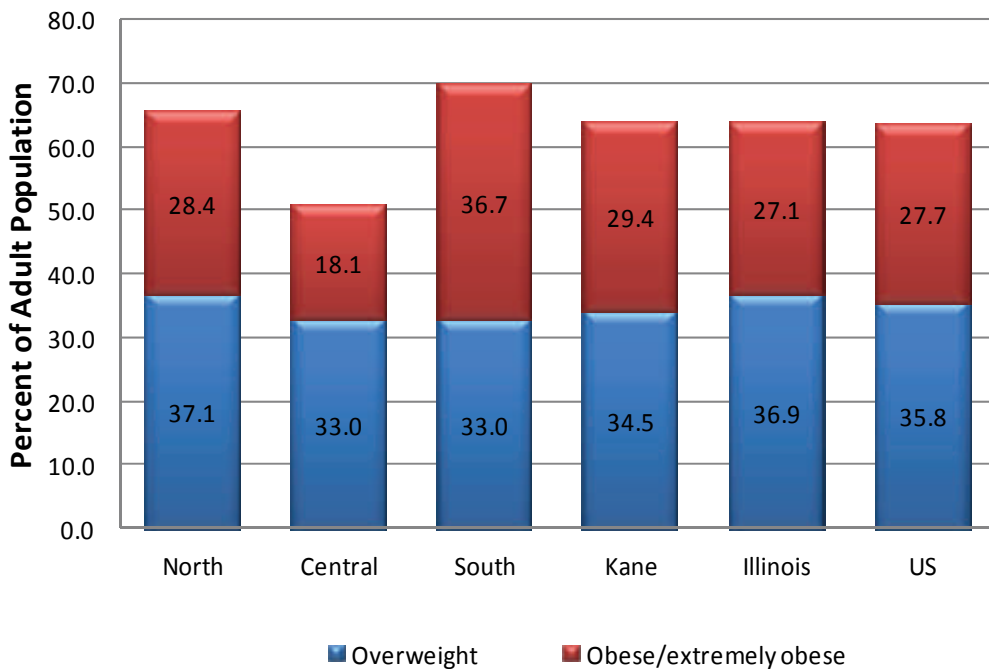




Diabetes Hospitalization By Age Group, 2010

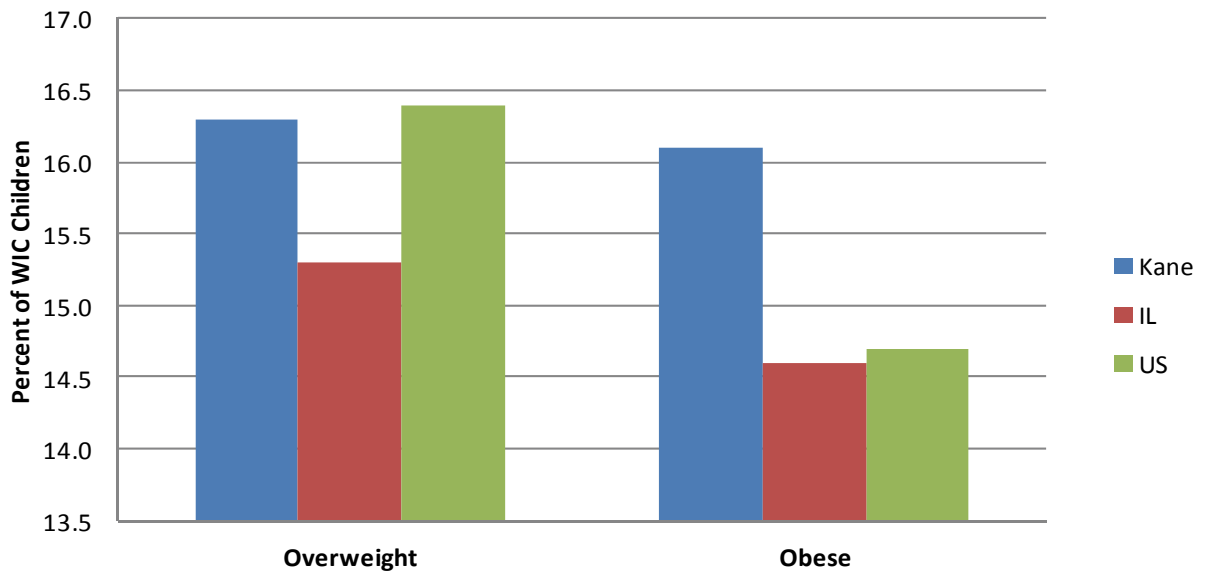


Kane Adult Overweight/Obesity By Planning Area



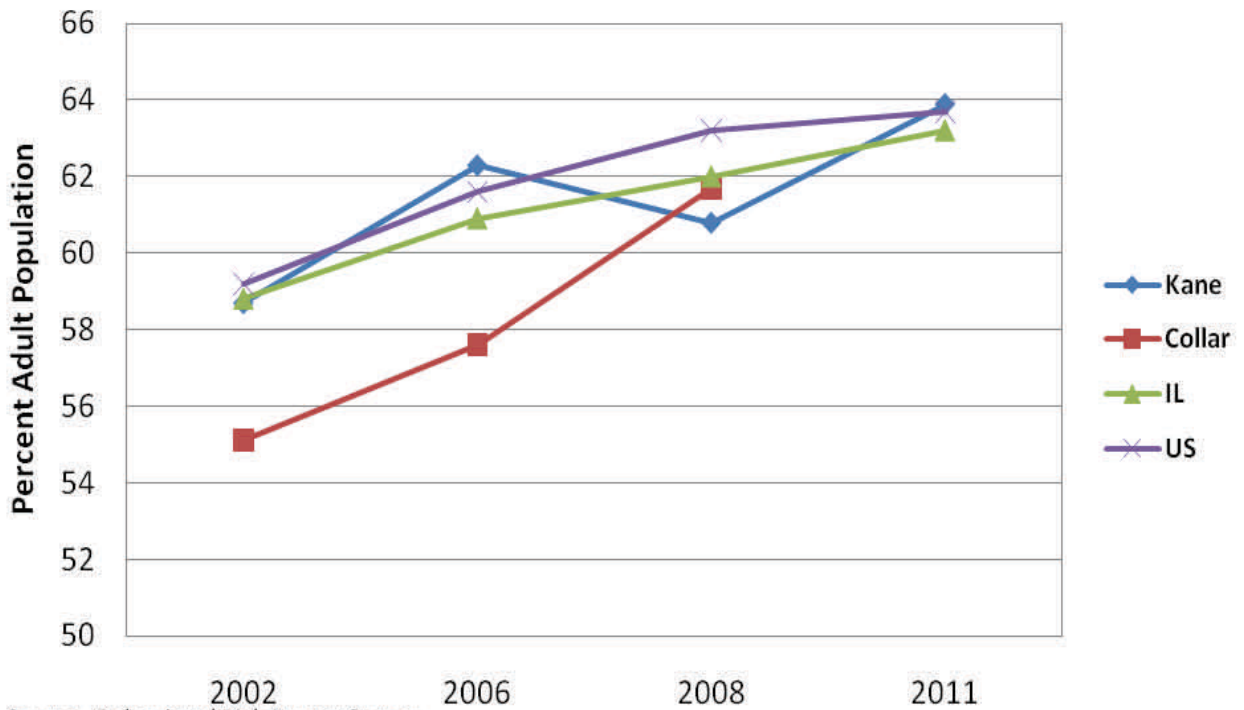
Kane County Community Health Survey 2011

Overweight/Obesity for WIC Children 2 to 5 Years Old

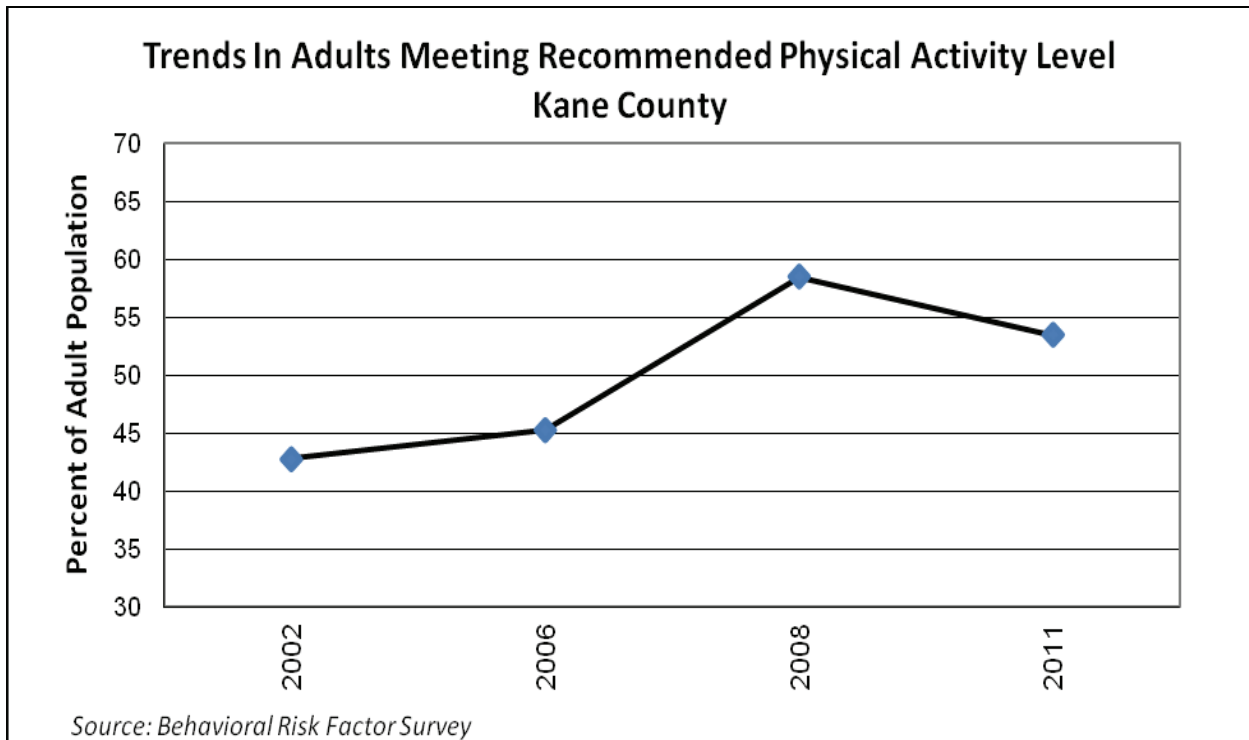


Source: CDC Pediatric Nutrition Surveillance

Trends In Adult Overweight and Obesity



Source: Behavioral Risk Factor Survey



Recommended Level of Physical Activity for Adults:

Two 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)

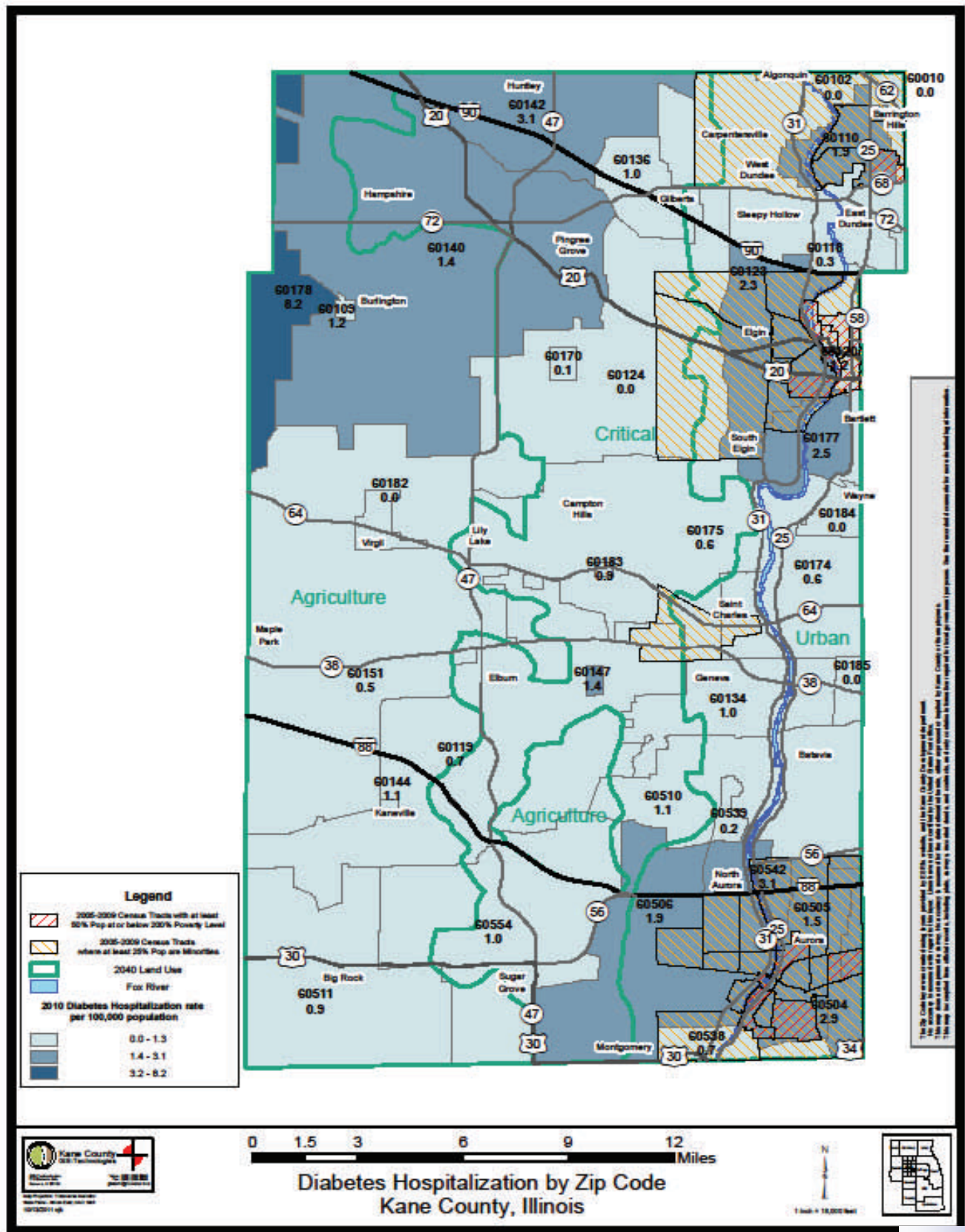
OR

One 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)

(Source: Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion)



Kane County Planning Areas

Northern Kane Planning Area: Algonquin, Barrington Hills, Bartlett, Burlington, Carpentersville, East Dundee, Elgin, Gilberts, Hampshire, Hoffman Estates Huntley, Pingree Grove, Sleepy Hollow, South Elgin, and West Dundee

Central Kane Planning Area: Campton Hills, Elburn, Geneva, Lily Lake, Maple Park, St Charles, Virgil, Wayne

Southern Kane Planning Area: Aurora, Batavia, Big Rock, Kaneville, Montgomery, North Aurora, Sugar Grove

Bibliography:

American Diabetes Association
<http://www.diabetes.org/>

Centers for Disease Control and Prevention: Diabetes Public Health Resource
<http://www.cdc.gov/diabetes/index.htm>

Illinois Department of Public Health
<http://www.idph.state.il.us/>

Kane County Health Department: Community Health Assessment
<http://www.kanehealth.com/survey.htm>

National Diabetes Information Clearinghouse:
<http://diabetes.niddk.nih.gov>