



CHRONIC DISEASE FACTS

Diabetes



Public Health
Prevent. Promote. Protect.
Cattaraugus County
Health Department

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What is Diabetes?

In Cattaraugus County, as of 2021, the age adjusted percentage of adults with physician diagnosed diabetes was 9.9%. In 2020, the mortality rate per 100,000 in Cattaraugus County was 39.1, a decrease from the previous year. In the same year, the hospitalization rate per 10,000 was 260.5, up from 286.7 in 2019.

According to the Center for Disease Control (CDC), diabetes is one of the leading causes of death in United States. Diabetes risk factors such as obesity and physical inactivity have played a major role in this issue. Age, race, and ethnicity are also important risk factors.

Type 1 Diabetes

Type 1 diabetes usually occurs in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease.

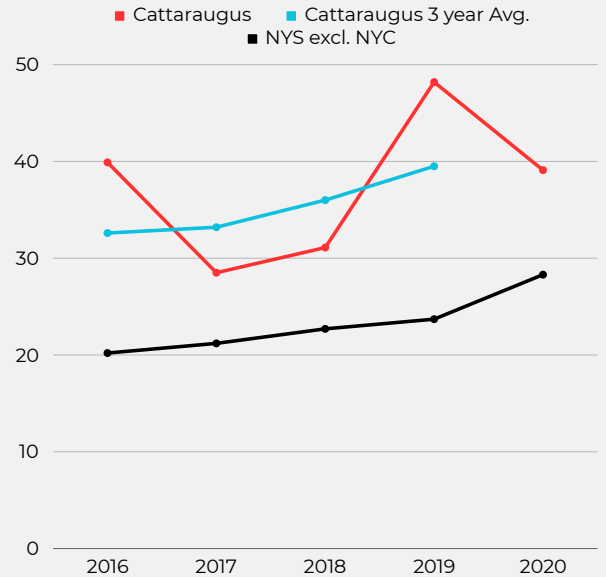
In order to understand diabetes, you must be familiar with two terms: glucose and insulin. Glucose is created when our body digests the sugars and starches in the food we eat. Glucose is an important source of the body's energy. Insulin is a hormone made by the pancreas that allows the body to process glucose into energy, or store it for future use. Insulin keeps glucose levels from getting too high (hyperglycemia) or too low (hypoglycemia). In type 1 diabetes, the body's immune system destroys the cells that release insulin, eventually eliminating insulin production from the body. Without insulin, cells cannot absorb sugar (glucose), which they need to produce energy. There is no cure for Type 1 Diabetes, and there is nothing a person can do to prevent the development of Type 1 Diabetes

Type 2 Diabetes

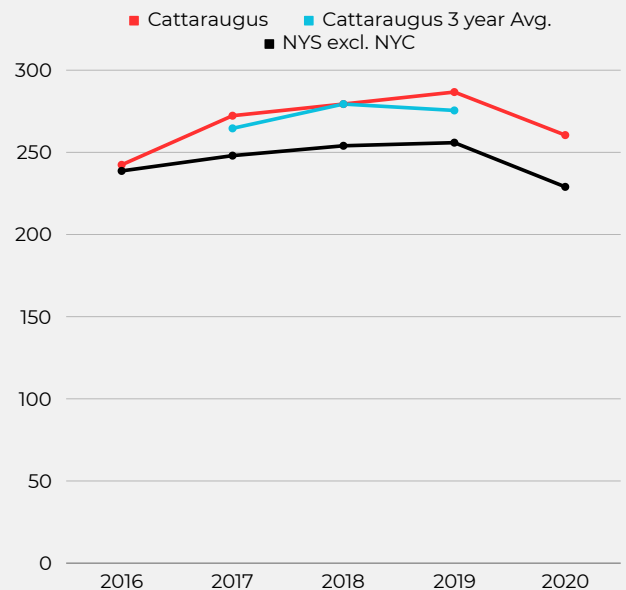
Type 2 Diabetes also affects the way the body breaks down glucose, and is much different from Type 1 Diabetes. In type 2 diabetes, the body isn't able to use insulin the right way. This is called insulin resistance. As type 2 diabetes gets worse, the pancreas may make less and less insulin. This is called insulin deficiency. Most people with diabetes have type 2, which used to be called adult-onset diabetes. At one time, type 2 diabetes was more common in people over age 45. But now more young people, even children, have the disease because many are overweight or obese, and may also be physically inactive.

Type 2 Diabetes may run in families, but even if you are at a higher risk of developing Type 2 Diabetes, with the right lifestyle changes, the disease can be delayed or prevented.

Diabetes Mortality Rate per 100,000



Diabetes Hospitalization Rate per 10,000 (any diagnosis)



Who is at risk of Developing Type 2 Diabetes?

Several risk factors have been associated with type 2 diabetes and include:

- Family history of diabetes
- Being Overweight
- Eating an unhealthy diet
- Physical inactivity
- Increasing age
- High blood pressure
- Ethnicity
- Poor nutrition during pregnancy

What are some common symptoms of Diabetes?

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts or bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands and/or feet (type 2)

What is the treatment for Type 1 Diabetes?

People with type 1 diabetes need to take insulin every day. Eat a healthy, balanced diet and stick to a diabetes meal plan. Check their blood sugar levels several times a day. Get regular physical activity.

What is the treatment for Type 2 Diabetes?

Type 2 Diabetes is usually treated by following a healthy diet, losing weight if you are overweight and getting regular physical activity. If lifestyle changes do not control your blood glucose levels then medicines are used to help lower those levels. One medicine is used first, but two or even three medicines may be needed. Most of the medicines for type 2 diabetes are given in tablet form. However, some people with type 2 diabetes need insulin injections to help control blood glucose levels. Some people gain a great deal of benefit from insulin injections and these are sometimes used fairly soon after the diagnosis of type 2 diabetes has been made. Insulin injections can be used in combination with other medicines to further improve glucose control.

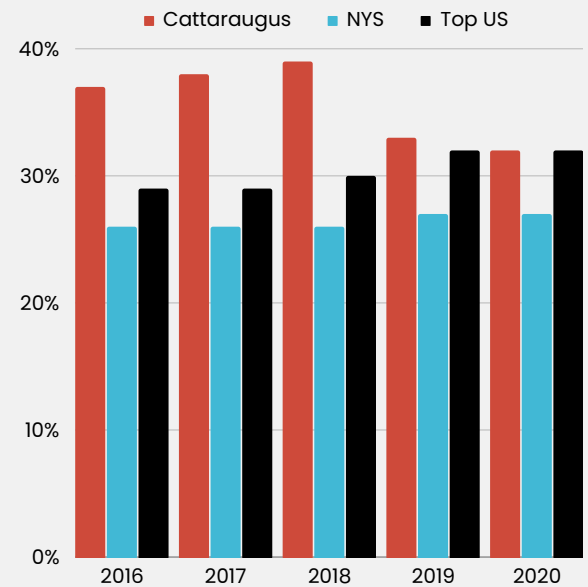
What happens if diabetes is left untreated?

If diabetes is left untreated, a person can develop serious complications such as blindness, kidney disease, impotence, and nerve damage that could lead to amputation. Studies show that people with undiagnosed diabetes also have a higher risk of coronary heart disease and stroke. Early diagnosis is key and has obvious benefits. so if you have any of the symptoms mentioned above or suspect you might have diabetes you must visit your doctor.

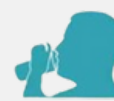
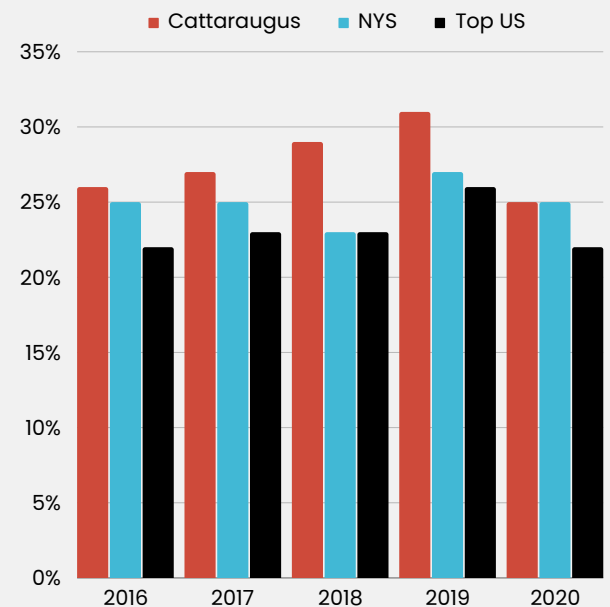
How can I decrease my risk of developing Type 2 Diabetes?

You can decrease your risk of developing diabetes by making some lifestyle changes. **Lose weight.** Dropping just 7% to 10% of your weight can cut your risk of type 2 diabetes in half. **Get active.** Moving muscles use insulin. Thirty minutes of brisk walking a day will cut your risk by almost a third. **Eat right.** Avoid highly processed carbs, sugary drinks, and trans and saturated fats. Limit red and processed meats. **Quit smoking.** Work with your doctor to avoid gaining weight, so you don't create one problem by solving another.

Percentage of Adult Obesity in Population



Percentage of Population that is Physically Inactive



Unquenchable thirst



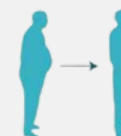
Dryness of the mouth



Headaches and fatigue

ARE YOU AT RISK FOR TYPE 2 DIABETES?

Catch the 5 signs that tell you may be



Significant weight loss



Frequent urination

Source:

https://apps.health.ny.gov/public/tabvis/PHIG_Public/chirs/reports/#county

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