

Diabetes in Wisconsin

Facts and Figures from Wisconsin's Chronic Disease Prevention Program

What is Diabetes?

Diabetes is a controllable, lifelong condition affecting nearly **1 in 10** adults, and an estimated **6,500 children and adolescents** in Wisconsin.^{1, 2} Diabetes is a group of diseases marked by high blood glucose (sugar) levels caused by the body's inability to make insulin (a hormone), the body's inability to use the insulin it does make effectively, or both.

Two common types of diabetes are:

Type 1



When the body's immune system attacks the cells of the pancreas that produce insulin.

Type 1 is usually diagnosed in **children** and **young adults**, and is controlled by: **diet, physical activity**, and the injectable **medication** insulin.



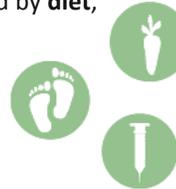
5% of people living with diabetes have type 1.³

Type 2



When the body is unable to use the insulin it produces properly, forcing the body to produce more than normal.

Type 2 is controlled by **diet, physical activity**, and oral and/or injectable **medications** such as insulin.



90%-95%

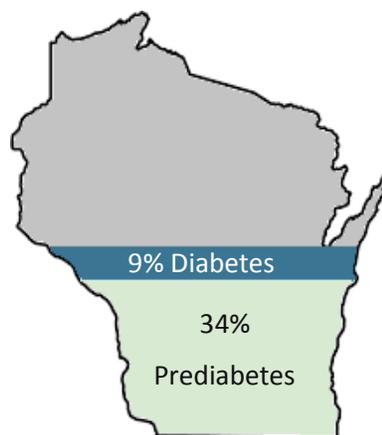
of people living with diabetes have type 2.³

2 out of 5

adults are expected to develop type 2 diabetes in their lifetime.⁴

Diabetes in Wisconsin Adults: A Closer Look

34% of adults have **prediabetes**³ (higher than normal blood glucose levels), a disease state that can become **type 2 diabetes** and increase a person's risk for developing **heart disease** and **stroke**.⁷



9%

of Wisconsin adults have **diabetes**.⁵



1/4 of adults with diabetes don't know it.³

Cost of Diabetes Annually⁶

Average medical costs for a person diagnosed with diabetes are about **\$16,750** per year. About **\$9,600** of this amount is attributed to diabetes.

For more information, please contact DHSChronicDiseasePrevention@dhs.wisconsin.gov



Diabetes in Wisconsin

Type 2 Diabetes: Prevention Strategies

Diabetes can cause serious health problems, such as **heart disease, stroke, kidney disease, and eye and foot problems.**⁷ Fortunately, research studies have found that moderate weight loss and exercise can **prevent or delay** type 2 diabetes among high-risk adults.

What You Can Do

Find out if you are at risk for **prediabetes or type 2 diabetes**

1 in 3 adults has prediabetes.³



If you are at risk, you may be eligible to participate in the **Diabetes Prevention Program**.

For information about class offerings near you, please visit:

wihealthyaging.org/diabetes-prevention-program

Lose weight and keep it off by **moving more and eating healthy foods**

2.5 hours (150 minutes)
of light aerobic activity each week



A small amount of weight loss can help prevent diabetes. Losing just 5%-7% of your body weight can slow or even reverse prediabetes. **For someone who weighs 200 pounds, that is 10-15 pounds.**

If you have been **diagnosed with diabetes**, see your **doctor regularly** and practice **self-management**



- ◆ **Wisconsin Diabetes Self-Care Booklet:** www.dhs.wisconsin.gov/library/P-43081.htm
- ◆ **Healthy Living with Diabetes Workshops:** wihealthyaging.org/healthy-living-with-diabetes_1
- ◆ **Other resources available on:** <https://www.dhs.wisconsin.gov/diabetes/index.htm>

Sources

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