



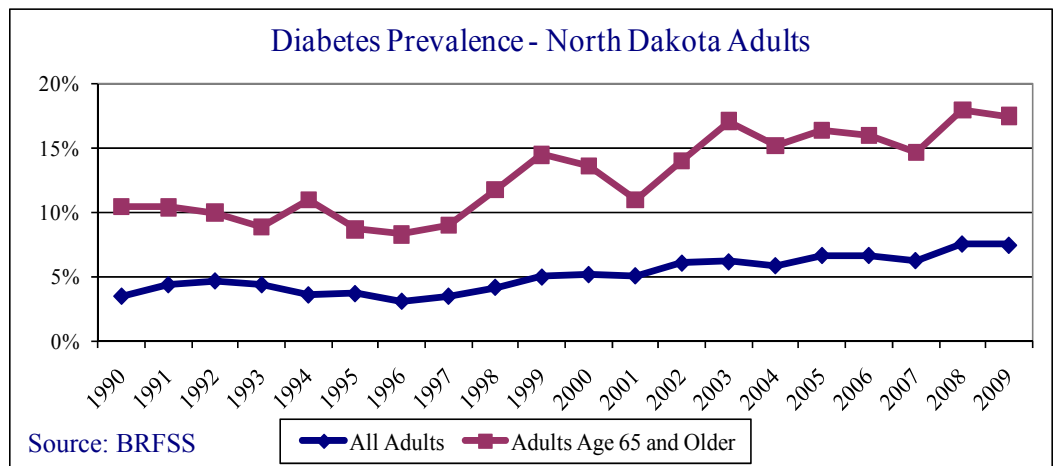
Diabetes

The Burden of Diabetes

Diabetes is a serious disease caused by excess glucose (sugar) in the bloodstream. This is due to the body's inability to produce or utilize sufficient levels of insulin. It is a burdensome and costly condition that can result in severe complications, even death. Associated medical problems include hypoglycemia (low blood sugar), hyperglycemia (high blood sugar), cardiovascular (heart) disease, kidney disease, stroke, eye complications, neuropathy (nerve damage), amputation and ketoacidosis (build up of fat by-products in the blood).

The prevalence of diabetes (percentage of people who have the disease) in North Dakota is increasing at an alarming rate. In 2009, 7.5 percent of adults in North Dakota reported that they had been diagnosed with diabetes. In addition, another estimated 2.8 percent have diabetes but have not been diagnosed.

Adults 65 and older have a higher prevalence rate than younger adults. American Indian adults have a prevalence rate that is nearly twice as high as that of white adults.

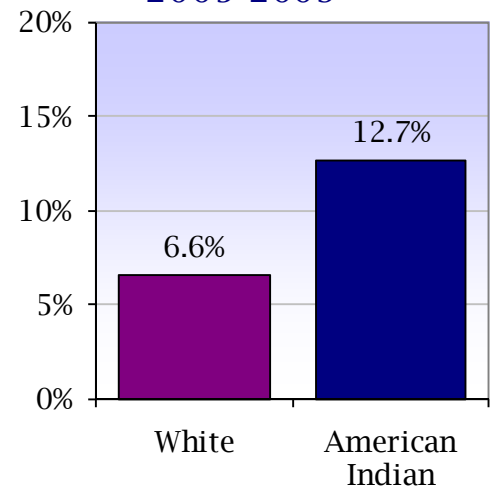


Mortality

Diabetes is the seventh leading cause of death in North Dakota, accounting for 3.9 percent of all deaths in the state in 2009.

Diabetes was a contributing factor in an additional 7 percent of deaths.

Prevalence by Race 2005-2009



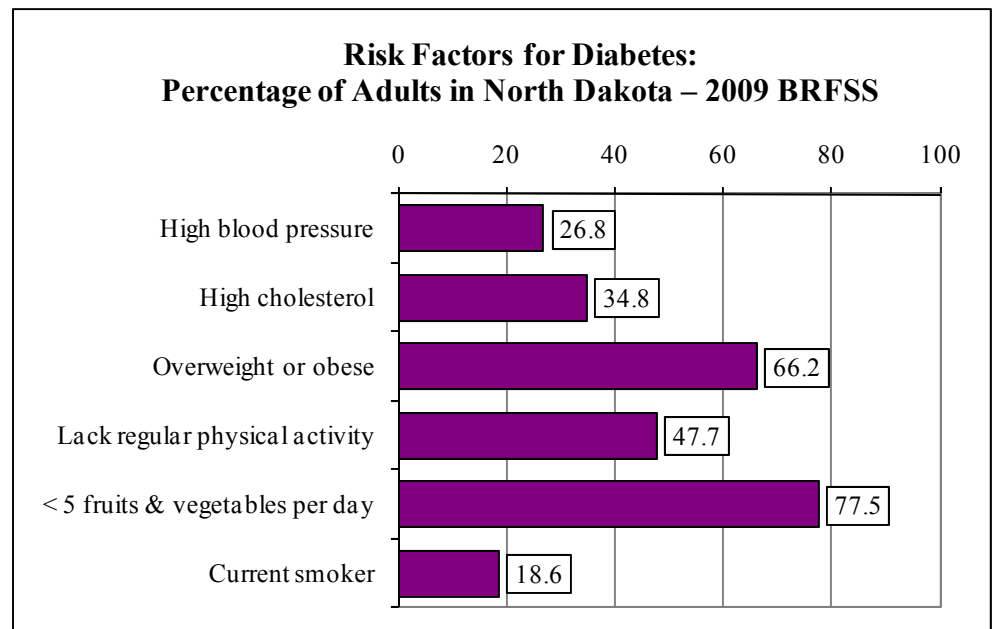
Risk Factors

According to the 2009 Behavioral Risk Factor Surveillance System (BRFSS), most adults in North Dakota have one or more of these six risk factors for diabetes:

- Have high blood pressure
- Have high cholesterol
- Are overweight (or obese)
- Lack regular physical activity (moderate or vigorous)
- Eat fewer than five fruits and vegetables per day
- Currently smoke

In order to reduce the risk of developing diabetes, North Dakotans are encouraged to:

- Maintain a healthy weight.
- Eat a nutritious diet including five fruits and vegetables daily.
- Engage in regular physical activity.
- Refrain from smoking.



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*Improving Health for All
North Dakotans*

The North Dakota Diabetes Prevention and Control Program strives to improve the health of all citizens of North Dakota by promoting efforts to decrease diabetes risk factors. For those who already have diabetes, the goal is to improve health through education, awareness, proper nutrition, physical activity, appropriate medications and self-monitoring of blood sugar levels.

Primary prevention of diabetes focuses on the areas of weight control, physical activity and nutrition.

Secondary prevention focuses on developing effective strategies to reduce the burden of diabetes and to improve the quality of care provided by health-care systems.