

# PREDIABETES

IN SOUTH  
CAROLINA



## What is prediabetes?

Prediabetes is defined as having blood sugar level higher than normal, but not high enough for a diagnosis of diabetes.<sup>1</sup> Prediabetes is also referred to as borderline diabetes.

## Why is it important?

According to a 2012 national survey, 37 percent of U.S. adults have prediabetes and nearly 90 percent of adults who have prediabetes don't know that they have it.<sup>2</sup>

People with prediabetes are more likely to develop type 2 diabetes, heart disease, and stroke.

Type 2 diabetes is a serious condition that can lead to health issues such as:

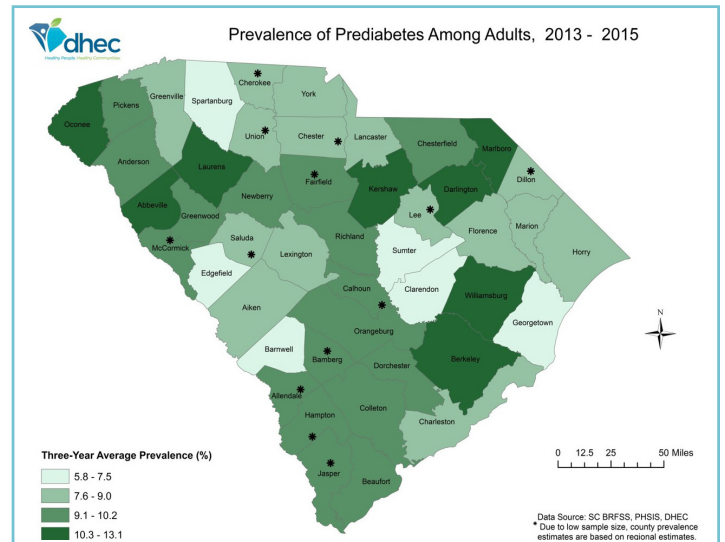
- Heart disease and heart attack,
- Stroke,
- Blindness,
- Kidney failure, or
- Loss of toes, feet or legs.

Without lifestyle changes to improve their health, 15 percent to 30 percent of people with prediabetes will develop type 2 diabetes within five years.<sup>1</sup>

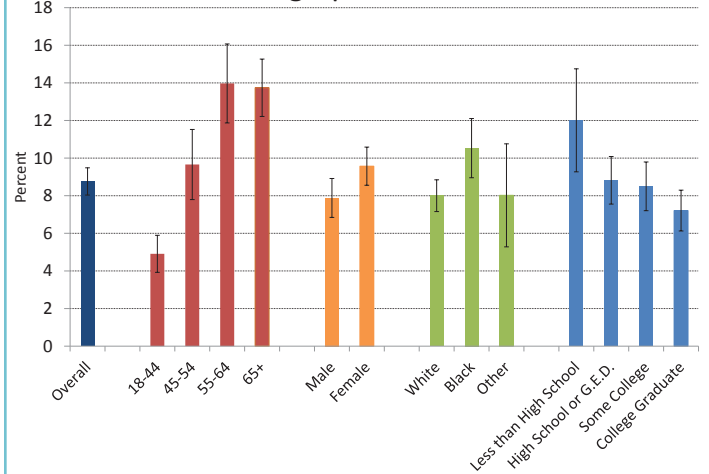
A 2014 study estimated medical costs for South Carolina adults with prediabetes were \$707 million in 2012.<sup>3</sup>

## How many people in South Carolina have prediabetes?

According to the 2015 South Carolina Behavioral Risk Factor Surveillance System (SCBRFSS), more than 330,000 adults over age 18 have prediabetes. This prevalence has risen from 6.7 percent in 2011 to 8.8 percent in 2015.



## Prevalence of Prediabetes Among Adults by Demographics, SC 2015



- The prevalence of prediabetes among blacks is significantly higher than whites.
- The prevalence of prediabetes is lowest among individuals with more education.

## Who is at risk for prediabetes in SC?

**Older Adults:** Prediabetes is more common among older adults. Twelve percent of adults age 45 and older have prediabetes. This age group is 2.5 times more likely to have prediabetes than ages 18 to 44.

**Overweight or obese adults:** Eleven percent of adults categorized as overweight or obese have prediabetes.

**Adults who are physically inactive:** Of those adults who engaged in no leisure-time physical activity, 12 percent have prediabetes.

**Adults with hypertension:** Fifteen percent of adults with hypertension also have prediabetes.

## How is prediabetes diagnosed?<sup>1</sup>

There are several blood tests that can be done to diagnosis prediabetes:

- A fasting blood glucose
- Glucose tolerance
- Hemoglobin A1C test

## Who should be tested for prediabetes?<sup>4</sup>

- Those who are 45 years of age or older
- Those who are overweight or obese
- Those with a family member with diabetes
- Those who are not physically active
- Those who have high blood pressure
- Women who had diabetes while pregnant
- Women who had a baby weighing more than 9 pounds

## Who has been tested for Diabetes in SC?

In 2015, 58 percent of adults reported being tested for diabetes within the last three years, and of those ages 45 and older, 68 percent were tested.

- Of those physically inactive, 55 percent were tested
- Of those with hypertension, 70 percent were tested
- Of those overweight, 60 percent were tested
- Of those obese, 67 percent were tested
- More adults with insurance were tested

## What to do if diagnosed with prediabetes?<sup>1</sup>

Research shows that doing the following things can help prevent or delay type 2 diabetes:

- Improve food choices
- Lose 5 percent to 7 percent of body weight
- Get at least 150 minutes of physical activity each week

## National Diabetes Prevention Program in SC

The National Diabetes Prevention Program (National DPP) is a Centers for Disease Control and Prevention (CDC) evidence-based program. It features an approach that is proven to prevent or delay type 2 diabetes and includes:

- Trained lifestyle coaches
- CDC-approved curriculum
- Group support
- 16 weekly group meetings
- 6 monthly follow-up meetings to maintain healthy lifestyle changes

The Division of Diabetes, Heart Disease, Obesity and School Health within the Bureau of Chronic Disease and Injury Prevention would like to partner with organizations to reduce the number of people developing type 2 diabetes. Through this partnership, we can help improve the quality of chronic disease care delivered and prevent or delay the onset of type 2 diabetes among people with prediabetes.

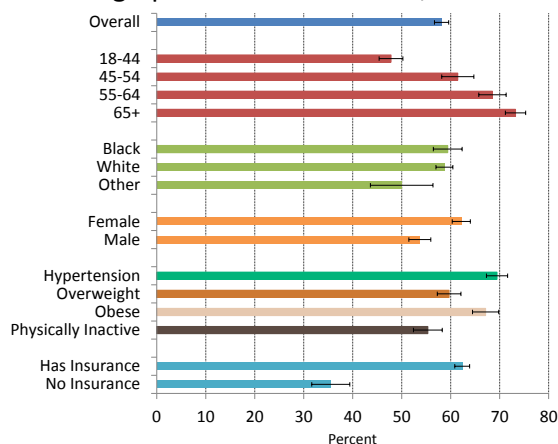
**To find the nearest National DPP site visit:**

[https://nccd.cdc.gov/DDT\\_DPRP/CitiesList.aspx?STATE=SC](https://nccd.cdc.gov/DDT_DPRP/CitiesList.aspx?STATE=SC)

**To learn more about the National DPP visit:**

<http://www.cdc.gov/diabetes/prevention/about/index.html>  
or email [ndpp@dhec.sc.gov](mailto:ndpp@dhec.sc.gov)

Diabetes Testing Prevalence Within Last Three Years by Demographics and Risk Factors, SC 2015



Data Source: SC BRFSS, PHS, DHEC  
References:

<sup>1</sup>CDC. Prediabetes Facts. Retrieved from <http://www.cdc.gov/diabetes/basics/prediabetes.html>

<sup>2</sup>CDC. National Diabetes Statistics Report: Estimates of Diabetes and its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention 2014. Retrieved from <http://www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html>

<sup>3</sup>Dall T, Yang W, Halder P, et al. The Economic Burden of Elevated Blood Glucose Levels in 2012: Diagnosed and Undiagnosed Diabetes, Gestational Diabetes Mellitus, and Prediabetes. *Diabetes Care* 2014; 37:3172-3179

<sup>4</sup>CDC National Diabetes Prevention Program <http://www.cdc.gov/diabetes/prevention/prediabetes.htm>