Community Health Priority: Diabetes

Community Health Importance and Impact

Diabetes mellitus (DM) is a disease that affects how your body uses blood glucose, or blood sugar. Individuals who are diagnosed with DM have too much glucose in their blood. There are several different types of DM, including Type I, Type II and gestational diabetes. Diabetes affects an estimated 23.6 million people in the United States and is a top leading cause of death.

Currently, Type I DM is not preventable but treatable. Type II DM is closely associated with obesity and has been increasing in frequency for the past few decades. Type II DM key risk factors are a combination of genetic predisposition and obesity. The relative importance of the two is unknown; but preventing obesity can delay or prevent the onset of Type II DM.

DM impacts all aspects of a patient's life from requiring changes in eating habits and daily monitoring of glucose levels to increasing risk for many other chronic conditions. The rapid, often termed epidemic, increase in DM puts high demand on health care services including patient education and forces the profession, including public health, to address the wide spread issues of low to modest health literacy. Because DM requires patients to manage their condition on a day to day basis, it is imperative that they understand their condition and self management goals and mechanisms.

Data presented are overall DM disease prevalence; however, community strategies are focusing solely on Type II DM.

Diabetes in Olmsted County

Approximately **8%** of Olmsted County residents are currently living with diabetes. Differences in DM prevalence are apparent in local data – specifically across gender and age cohorts. Men in Olmsted County have higher rates of diabetes as compared to women (**8.9%** vs. **6.6%**, respectively). Additionally, the highest diabetes prevalence is seen in the oldest aged cohort – adults 65 years of age and older – at **20.2%.**

At a local, state-level, and nation overall, DM risk is higher among African Americans. Locally in Olmsted County, this disparity has been shown to be true for the recently arrived Somali immigrants with several cases of new onset Type II DM following arrival in the US and changes in diet and exercise.

2 in 10 adults age 65 and older have diabetes
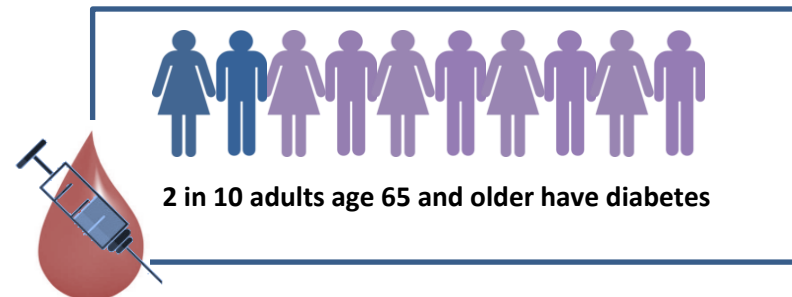
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Goal
➤ Reduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for DM

Outcome Objective
➤ By 2020, reduce the prevalence of adult DM from 7.6% to 7.0%
➤ Increase availability of diabetes screening and education in the community *(baseline and target rate to be established)*

Community Strengths
American Diabetic Association
Community Health Services Inc.
Good Samaritan Clinic
Mayo Clinic
Olmsted County Public Health Services
Olmsted Medical Center
Private Providers
Rochester Area Family Y
Senior Center
Worksite Wellness

Strategy 1:
Promote and increase diabetes screening throughout the community

➤ By 2015, establish the baseline level for community diabetes screening rate
➤ By 2018, increase diabetes screening rate for high risk population *(baseline and target rate to be established)*

Strategy 2:
Improve collaboration to expand health education and awareness

➤ By 2018, improve the rates of formal diabetes education received by newly diagnosed diabetics *(baseline and target rate to be established)*