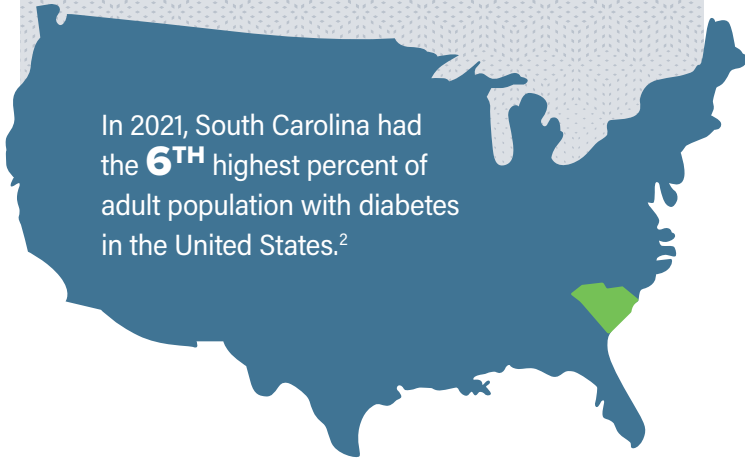




Diabetes in South Carolina

1,757 South Carolina residents died from diabetes in 2021.¹

Diabetes was the **9TH** leading cause of death in South Carolina, more than chronic liver disease, suicide, or homicide.¹



Diabetes disparities exist

The prevalence of diabetes is higher among non-Hispanic Black adults (17.4%) than among non-Hispanic Whites (12.9%), and non-Hispanic Blacks had **2.5X** higher age-adjusted death rate compared to non-Hispanic Whites.^{1,2}

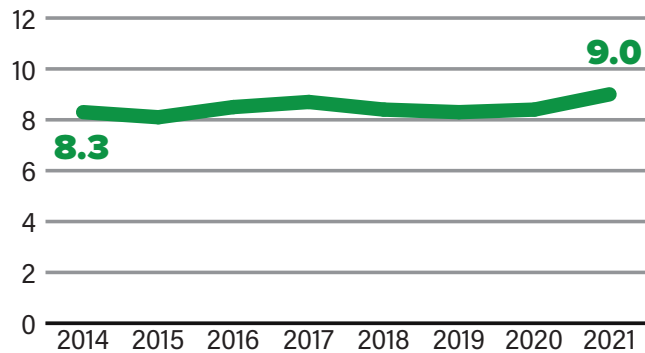
More than **560,000** adults in South Carolina are estimated to have been diagnosed with diabetes.²



For every **10** adults diagnosed with diabetes, only **5** have taken a class to manage their diabetes.²

Newly diagnosed diabetes has slightly increased IN RECENT YEARS⁵

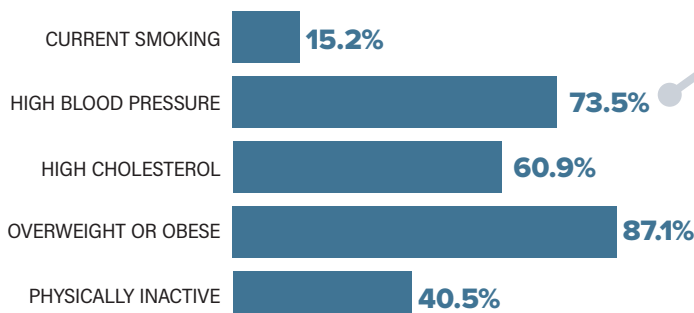
Rate per 1,000



In 2021, the total amount of hospital charges related to diabetes diagnoses were **\$889 MILLION** in South Carolina. This was higher than asthma.³

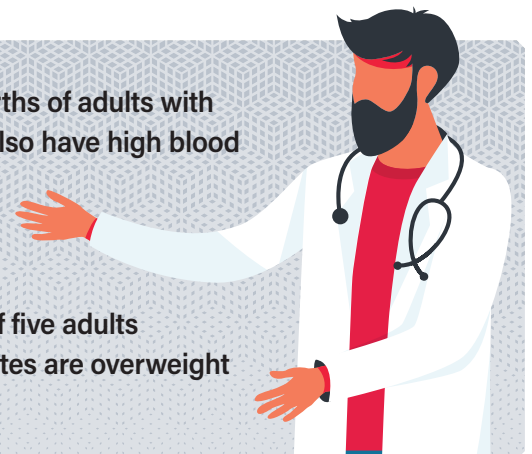
The estimated cost of care for people in South Carolina with diabetes is **\$5.89 BILLION**, including \$4.25 billion in medical and \$1.64 billion in indirect costs.⁴

Other health concerns AMONG THOSE WITH DIABETES



Three-fourths of adults with diabetes also have high blood pressure.

Four out of five adults with diabetes are overweight or obese.



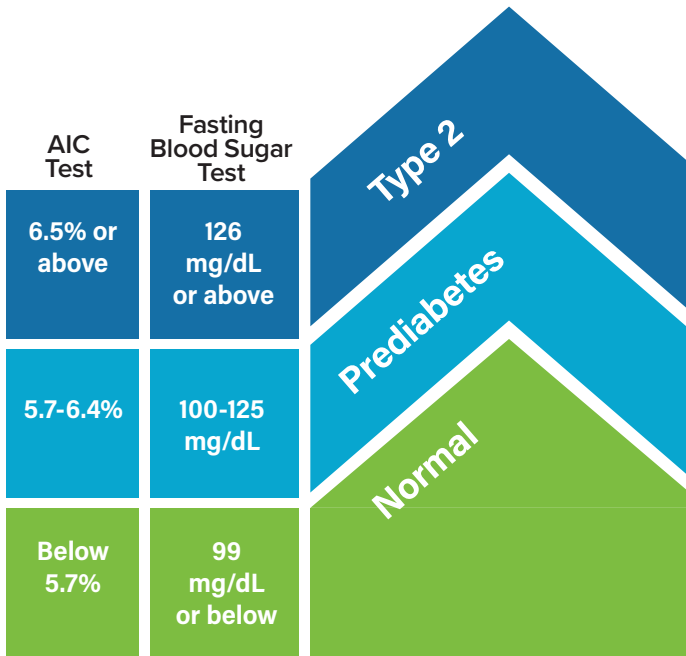
Types of Diabetes

TYPE 1 DIABETES – Usually diagnosed in children and young adults. The body does not produce insulin. People with type 1 diabetes must take insulin injections. About 5% of the people who have diabetes have type 1.⁶

TYPE 2 DIABETES – The body does not produce enough insulin, and/or the body cannot properly use insulin. Type 2 diabetes in children is on the rise due to the childhood obesity epidemic, particularly in African-Americans and Hispanics. About 90% of people with diabetes have type 2.⁶

PREDIABETES – Before people develop type 2 diabetes, they almost always have “prediabetes.” People with prediabetes are at higher risk of cardiovascular diseases. However, you can delay or prevent the onset of type 2 diabetes by eating healthier and being more physically active. More than one in three adults have prediabetes.⁶

GESTATIONAL DIABETES – Pregnant women who have high blood glucose levels have gestational diabetes. They are more likely to develop type 2 diabetes years later. In 2021, mothers with gestational diabetes represented 7.1% of live births in South Carolina.¹



Only your doctor can diagnose diabetes

Your doctor can do a simple blood test to determine if you have diabetes.⁵



Who needs to be tested for diabetes?

You are at risk for developing prediabetes if you:

- Are overweight⁶
- Are 45 or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

COULD YOU HAVE PREDIABETES? TAKE THE TEST

[cdc.gov/diabetes/risktest](https://www.cdc.gov/diabetes/risktest)



You can manage diabetes

-  **WORK WITH A HEALTH PROFESSIONAL**
-  **EAT HEALTHY**
-  **BE ACTIVE**

You can prevent type 2 diabetes

-  **LOSE WEIGHT**
-  **EAT HEALTHY**
-  **BE ACTIVE**

Learn more:

[cdc.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)

[niddk.nih.gov/health-information/diabetes](https://www.niddk.nih.gov/health-information/diabetes)

1 SC DHEC Vital Statistics

2 SC DHEC BRFSS

3 SC RFA

4 American Diabetes Association https://diabetes.org/sites/default/files/2022-04/ADV_2022_State_Fact_sheets_all_rev_SC-4-4-22.pdf

5 CDC

6 American Diabetes Association