

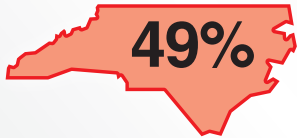
DIABETES Continuum of Care

Health Status and Appropriate Behavior Interventions



There are an estimated 7,466,000 adults in North Carolina.

BEHAVIORAL INTERVENTIONS



3,682,000 are at risk for diabetes.

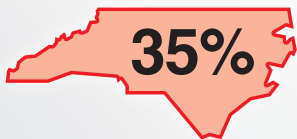
Modifiable Risk Factors

- Overweight/obesity
- Sedentary lifestyle
- Smoking

Non-modifiable Risk Factors

- Race
- Advanced Age
- First degree relative with diabetes
- Giving birth to a baby that weighs more than 9 pounds

Eat Smart, Move More, Weigh Less

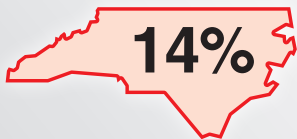


630,000 are aware that they have prediabetes.

An additional 1,900,000 may have prediabetes and not know it.

Diabetes Prevention Lifestyle Programs

Eat Smart, Move More, Weigh Less



750,000 are aware that they have diabetes.

An additional 280,000 may have diabetes and not know it.

Diabetes Self-Management Education

Diabetes Self-Management Programs



Complications from diabetes include lower limb amputations, chronic kidney disease, heart attack, stroke, vision loss, hearing loss, erectile dysfunction, low birth weight, sleep apnea and possibly Alzheimer's disease.

Chronic Disease Self-Management Programs

Eat Smart, Move More, Weigh Less

References Diabetes Prevention Recognition Program Standards and Operating Procedures. National Diabetes Statistics Report, 2014.
North Carolina Behavioral Risk Factor Surveillance System.
North Carolina Population Estimates using NCHS Bridged Population Data.

This Continuum of Care model was produced by the Community and Clinical Connections for Prevention and Health Branch, Chronic Disease and Injury Section, Division of Public Health, NC Department of Health and Human Services. If you have any questions about data used in this fact sheet or about diabetes prevention and control efforts in North Carolina, please email contact@communityclinicalconnections.com. For more information on the Community and Clinical Connections for Prevention and Health Branch, please visit www.communityclinicalconnections.com.

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Community & Clinical CONNECTIONS
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NORTH CAROLINA
DIVISION OF PUBLIC HEALTH