Diabetes in Pennsylvania 2000

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ACKNOWLEDGEMENTS

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Suggested Citation:
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A. Diabetes Control Program Mission and Objectives

Mission:

To improve the lives of Pennsylvanians with diabetes; to reduce disparities related to diabetes among minority and underserved populations in the Commonwealth; and to prevent the onset of type 2 diabetes through reduction of risk factors.

Objectives:

1. Increase awareness of diabetes.
2. Prevent onset of type 2 diabetes through reduction of risk factors.
3. Reduce diabetes complications.
4. Increase the early diagnosis of persons with diabetes.
5. Increase the availability of programs that address psychosocial issues associated with diabetes.
6. Increase advocacy and empowerment of persons with diabetes.
7. Maintain a data and surveillance system to better understand the impact of diabetes in Pennsylvania.
B. Diabetes Overview

What is diabetes?

- Diabetes is a lifetime disease caused by an inability of the pancreas to make enough insulin or use it properly. The body needs insulin to help glucose – a form of sugar the body uses for energy – enter cells. The body makes glucose from food that is eaten. When people have diabetes, glucose in their bloodstream reaches above normal levels and must be controlled.

- There are two main types of diabetes – type 1 and type 2. Another type of diabetes appears during pregnancy in some women. It is called gestational diabetes.

- One out of ten people with diabetes has type 1 diabetes. These people usually find out they have diabetes when they are children or young adults. People with type 1 diabetes must inject insulin every day to live.

- Most people with diabetes - nine out of ten – have type 2 diabetes. Most people with type 2 find out about their diabetes after age 30 or 40. The pancreas of persons with type 2 diabetes keeps making insulin for some time, but the body cannot use it very well.

How does diabetes affect persons in Pennsylvania?

- An estimated 513,000 people in Pennsylvania have been diagnosed with diabetes. (4.3% of the population).

- Approximately 4,800 children (0-17 years) have diabetes.

- Diabetes resulted in more deaths than AIDS and breast cancer combined in 1997.

What complications are associated with diabetes?

- In 1997, Pennsylvanians with diabetes suffered from:
  - 2,105 new cases of end stage renal disease
  - 5,027 non-traumatic lower extremity amputations
  - 255,870 hospitalizations with diabetes as any discharge diagnosis

What are the costs associated with diabetes?

- In 1997, diabetes-related inpatient hospitalizations resulted in approximately $4 billion in charges for hospital treatment.