

What is diabetes?

Diabetes is a chronic disease caused when your blood glucose (sugar) levels are higher than normal. Your body uses insulin to keep blood sugar at a healthy level. When you have diabetes, your body doesn't use insulin properly and your sugar level can get too high. There are two types of diabetes. Type 1 diabetes is usually found in children. Type 2 diabetes is commonly found in adults. Common risk factors for Type 2 diabetes are:

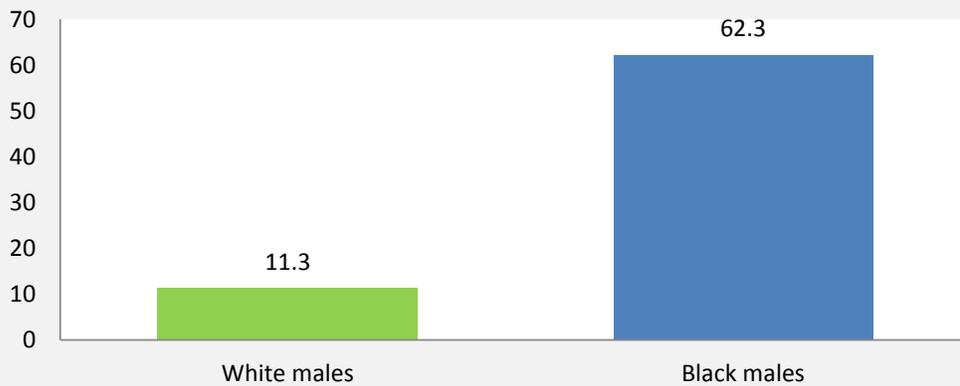
- Obesity
- Older age
- Family history
- Physical inactivity
- Race and ethnicity

Approximately 29 million people in the United States live with diabetes. There were over 9,300 people living with diabetes in Boone County in 2012. Males as well as minority populations are much more likely to be affected by diabetes. It is the seventh leading cause of death in the United States. Life expectancy of an individual with diabetes is almost 15 years less than someone without the disease. A person diagnosed with diabetes is twice as likely to die from heart disease as someone who has not been diagnosed. Diabetes can affect every part of the body. Complications from diabetes include:

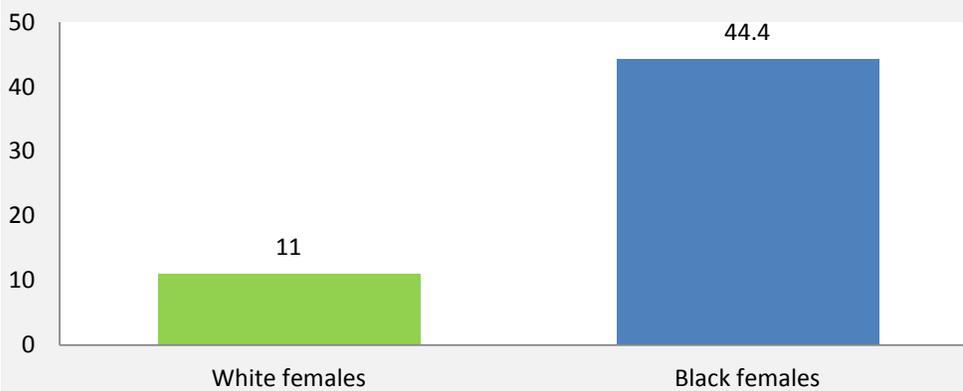
- Skin conditions
- High blood pressure
- Kidney disease
- Numbness in the feet
- Stroke
- Heart disease

Type 2 diabetes can be delayed, or possibly prevented, by losing a small amount of weight. Being physically active and eating healthy are two of the most important ways to prevent diabetes.

**Hospitalization Rate due to Diabetes Per 10,000
Males by Race
Boone County 2008-2012**



**Hospitalization Rate due to Diabetes Per 10,000
Females by Race
Boone County 2008-2012**



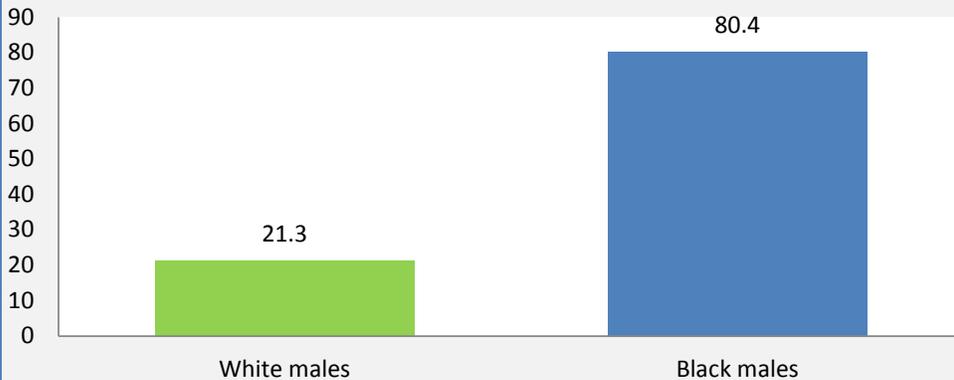
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Missouri Information for Community Health Assessment (MICA) provides county-level health information of Missouri residents. When looking at the leading causes of death in Boone County across all ages and races, heart disease is the second-highest leading cause behind cancer. Diabetes is one of the contributors to heart disease.

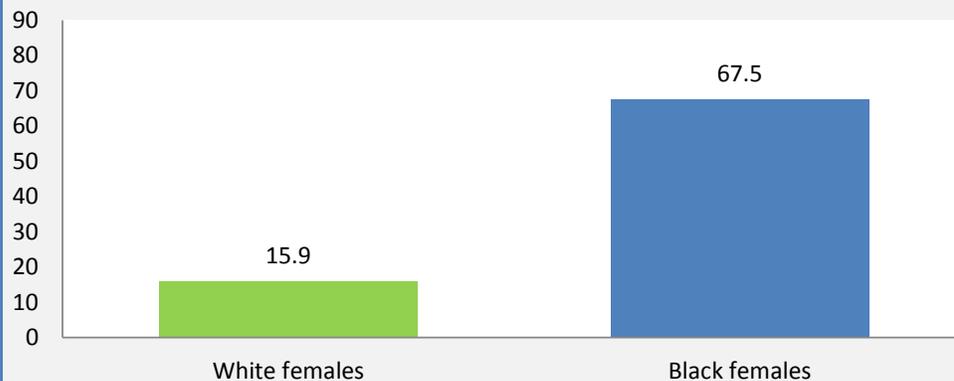
A county-wide survey of Boone County residents completed in 2013 asked respondents: "Among adults, which five health conditions or behaviors have the greatest impact on overall community health?" Of the 1,653 respondents, 43.6% agreed that obesity was the top condition or behavior. Among the other top five responses was poor eating habits and choices. Obesity and poor diet contributes to both heart disease and diabetes.

Taking a closer look at the data, heart disease is the leading cause of death among Blacks in Boone County, while diabetes is the fourth-leading cause. When compared to white males, black males are almost six times more likely to be hospitalized, and four times more likely to die, due to complications from diabetes. Black females are over four times more likely to both be hospitalized and die due to diabetes complications.

**Death Rate due to Diabetes Per 100,000
Males by Race
Boone County 2008-2012**



**Death Rate due to Diabetes Per 100,000
Females by Race
Boone County 2008-2012**



BOONE COUNTY