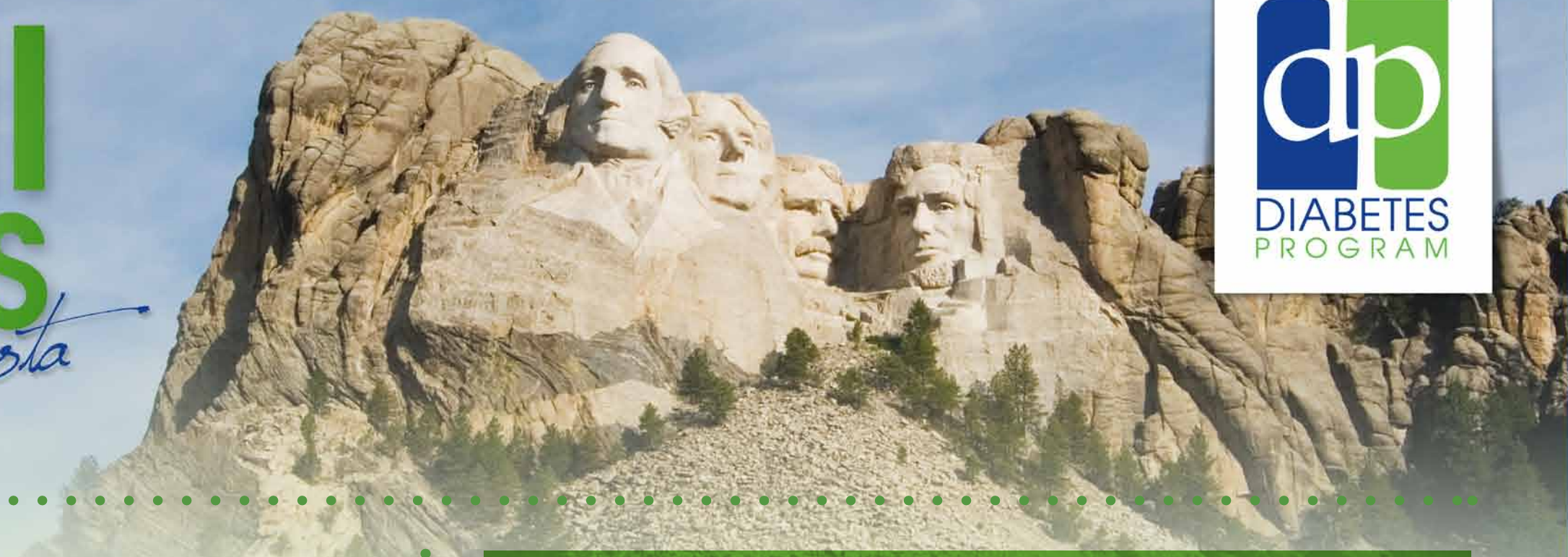


# TYPE II DIABETES

*in South Dakota*



## RISK FACTORS FOR TYPE II DIABETES

THE MAIN RISK FACTORS FOR DEVELOPING  
 TYPE II DIABETES INCLUDE:



FAMILY  
 HISTORY



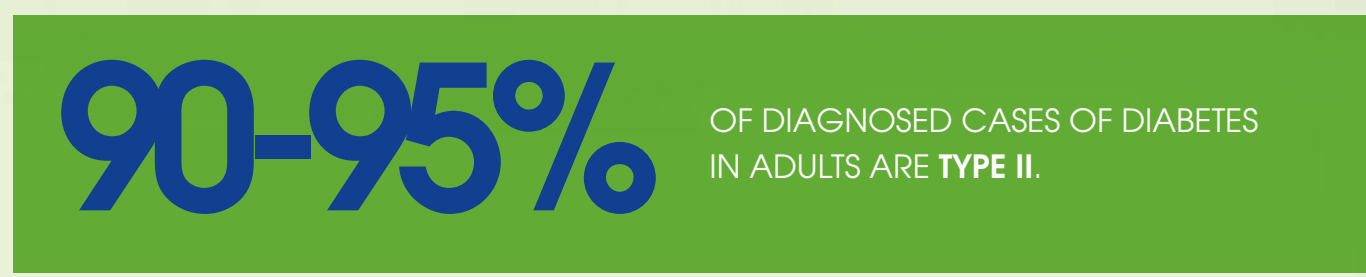
AGE



PHYSICAL  
 INACTIVITY




OVERWEIGHT/  
 OBESITY




## PREVENTING TYPE II DIABETES



**58% REDUCTION** IN THE DEVELOPEMENT OF TYPE II DIABETES WITH **5-7% BODY WEIGHT REDUCTION** AND INCREASED PHYSICAL ACTIVITY.



**MEDICAL EXPENDITURES** ARE **2.3% HIGHER** FOR THOSE WITH DIAGNOSED DIABETES THAN FOR THOSE WITHOUT.



DIAGNOSED DIABETES **COSTS THE U.S. \$245 BILLION** ANNUALLY.

## COMPLICATIONS OF TYPE II DIABETES

**1**  
 DIABETES IS THE **7TH LEADING CAUSE OF DEATH** IN SOUTH DAKOTA.

**2**  
 PEOPLE WITH DIABETES ARE **2-4 TIMES MORE LIKELY** TO DEVELOP **HEART DISEASE OR STROKE**.

**3**  
 DIABETES IS THE **LEADING CAUSE** OF NEW CASES OF **BLINDNESS** AMONG ADULTS **AGED 20-74 YEARS**.

**4**  
 MORE THAN **60%** OF NON-TRAUMATIC **LOWER-LIMB AMPUTATIONS** OCCUR IN PEOPLE WITH DIABETES.

**5**  
 DIABETES IS THE **LEADING CAUSE** OF **KIDNEY FAILURE**, ACCOUNTING FOR **44%** OF ALL NEW CASES OF KIDNEY FAILURE IN 2008.

Sources  
 • US Census: <http://quickfacts.census.gov/qfd/states/46000.html>  
 • SD BRFS: <http://doh.sd.gov/Statistics/>  
 • National Diabetes Fact Sheet: [http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)  
 • ADA: <http://www.diabetes.org/advocate/resources/cost-of-diabetes.html>

• CDC Diabetes: <http://www.cdc.gov/diabetes/pubs/general11.htm#what>  
 • 2010 SD Mortality Report: <http://doh.sd.gov/Statistics/2010Vital/Mortality.pdf>  
 • SD School Height/Weight Report: <http://doh.sd.gov/SchoolWeight/PDF/2011-2012Summary.pdf>