

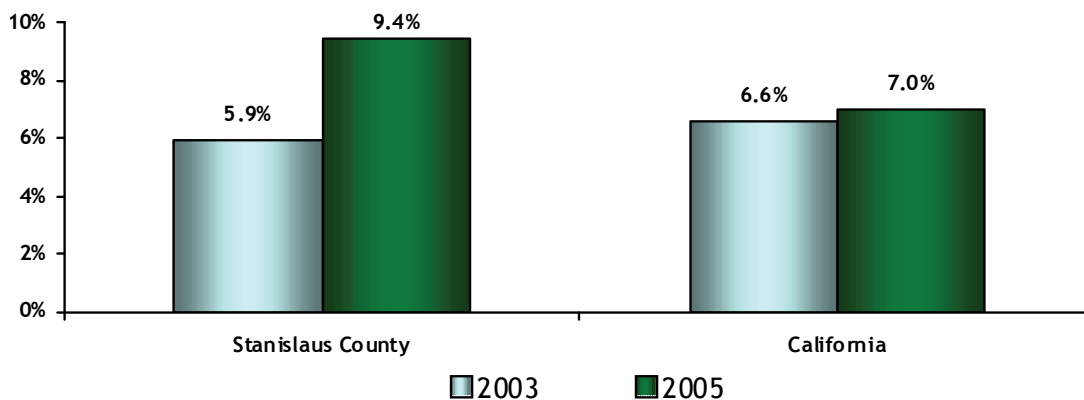
Diabetes

Why It Is Important

Diabetes is considered a silent killer because it is often overlooked. Yet, diabetes is the leading cause of kidney failure, adult blindness and amputations and is a leading contributor to strokes and heart attacks. In the United States, 20.8 million people have diabetes. Ninety to 95% have type 2 diabetes (previously called adult onset diabetes), and 5–10% have type 1 diabetes (also called juvenile diabetes). Good self-management and care help control the disease and prevent complications.⁴⁹

Diabetes mellitus is the most common metabolic complication of pregnancy, affecting 6% to 7% of all pregnant women - approximately 150,000 nationwide each year. This amounts to approximately 1.5 million women affected over a ten year period. Approximately 50% of the women with gestational diabetes will go on to develop type 2 diabetes within 5 to 10 years. Many ethnic groups including Hispanic, African American, and Native American populations have an even greater incidence of GDM (gestational diabetes - a type of diabetes that develops during pregnancy) and type 2 diabetes.

Figure 112:  **Percentage of Adults, Ages 18 and Older, Who Have Been Diagnosed with Diabetes**

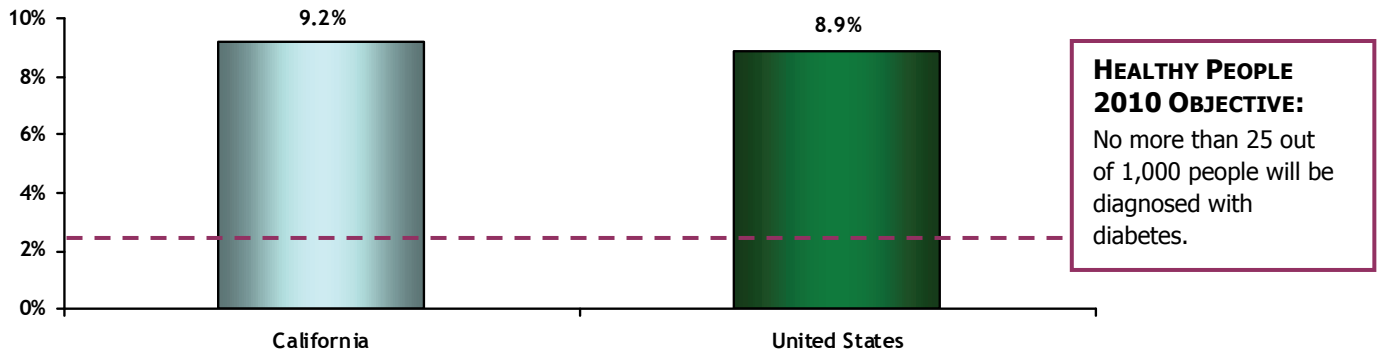


Source: 2003 and 2005 California Health Interview Survey
 Stanislaus County 2003 N: 335,000; 2005 N: 352,000.
 California 2003 N: 25,597,000; 2005 N: 26,388,000.

 **New data not available**

⁴⁹ California Department of Health Services, California Diabetes Control Program, *Fast Facts on Diabetes*, 2003.

Figure 113:  **Adults Who Have Been Diagnosed with Diabetes, 2007**

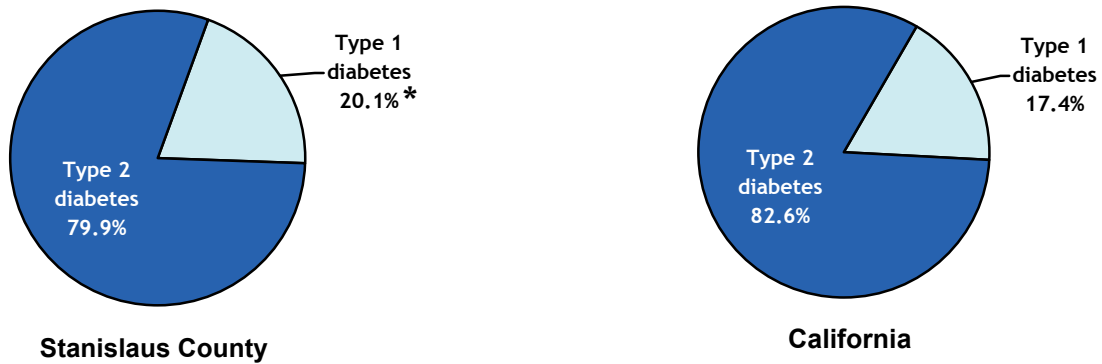


Source: Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, 2008.

BRFSS California N: 5,689; United States N: N/A.

Note: Of the 9.2% of California residents diagnosed with diabetes, 1.6% was pregnancy related. Of the 8.9% in the U.S., 0.9% was pregnancy related.

Figure 114:  **Of Those Diagnosed with Diabetes, Type of Diabetes, 2005**



Source: 2005 California Health Interview Survey.

Stanislaus County N: 33,000.

California N: 1,835,000.

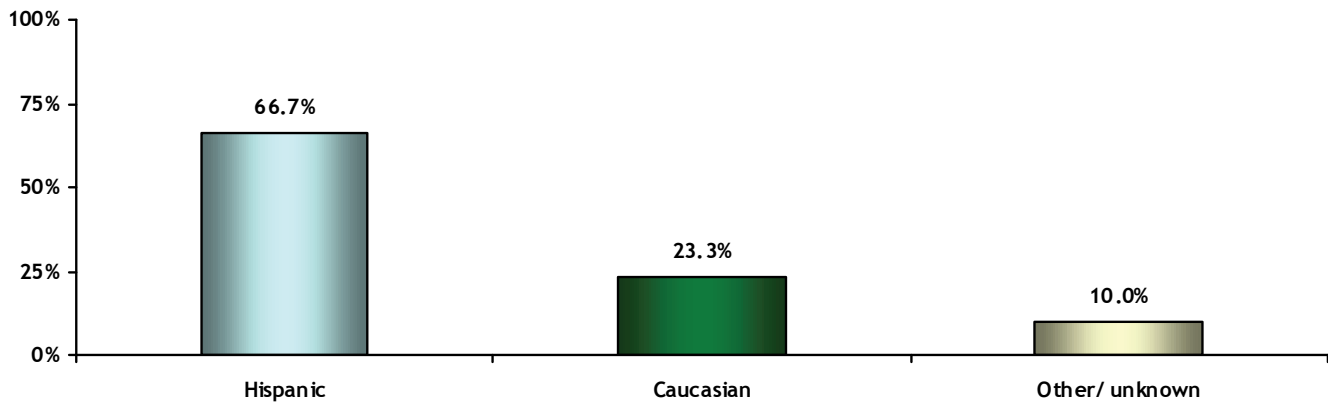
* Data are statistically unstable. According to CHIS, this is most often caused by a limitation of the sample collected in the survey. Thus, data should be interpreted with caution.

 **New data not available**

Sweet Success

The California Diabetes and Pregnancy Program developed and implemented a highly successful, cost-effective, outpatient based education program called Sweet Success. Over 200 California hospitals, clinics and/or doctors’ offices now have active Sweet Success programs. Because of the program’s flexibility, it has been successful for facilities of all sizes because it is able to deliver selected services tailored to utilize the available resources.⁵⁰

Figure 115: Total Sweet Success Clients, by Ethnicity, Emanuel Medical Center, 2006



Source: Emanuel Medical Center, Sweet Success Clinic, Sweet Success Annual Site Survey Form, 2008.

Total clients: 150 patients.

Data Summary

From 2003 to 2005, the percentage of adults with diabetes increased in both Stanislaus County and California. In 2005, the percentage of adults diagnosed with diabetes was 9% in Stanislaus County and 7% in California. Both were higher than the Healthy People 2010 Objective that no more than 25 out of 1,000 people will be diagnosed with diabetes. In 2005, of those diagnosed with diabetes in Stanislaus County and California, four times more were diagnosed with type 2 (80% and 83%, respectively) than type 1 (20% and 17%, respectively).

The number of Sweet Success clients at Emanuel Medical Center was 150 in 2006. Of the 150 patients, 67% were Hispanic, 23% were Caucasian, and 10% were of another or unknown race/ethnicity.

⁵⁰ Sweet Success Extension Program-Factsheet, www.sweetsuccessexpress.com, 2008.