# **Diabetes**

## In 2019, diabetes accounted for 87,647 fatalities across the country, placing it in the seventh position among the top causes of mortality in the United States. People who have diabetes have a higher risk of developing heart disease or having a stroke compared to people who do not have diabetes. There are three different kinds of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). Most cases of diabetes are type 2, which accounts for 90–95% of all cases

* In Tennessee, diabetes also ranks seventh among leading causes of mortality. Each year, roughly 1,700 people in Tennessee lose their lives as a result of diabetes. Diabetes has been identified in more than 650,000 persons in the state of Tennessee, which accounts for 13.1% of the adult population. In addition, it is believed that another 250,000 people in the state of Tennessee are living with diabetes that has not been diagnosed. Adults who have diabetes have a higher risk of developing kidney failure, non-traumatic lower-limb amputations, and blindness than those who do not have diabetes. It was projected that there were 34.1 million adults living with diabetes in 2018, with 26.8 million of them having been diagnosed and 7.3 million living without a diagnosis. Among adults, individuals aged 65 and up have the highest rate of diabetes. Along with that, the prevalence of diabetes is higher in males, American Indian/Alaska Native, Black, and Hispanic adults, and those who are 25 and up who have not completed high school, and or make less than $25,000 per year!
* Access to health care services, coordinated efforts on the part of health care providers, and involved community and family systems are required for diabetes management. The American Diabetes Association publishes an annual report called Standards of Medical Care in Diabetes and within this report, diabetics can find guidelines that are more specific to their condition. These therapies include of a wide variety of activities, such as engaging in regular physical activity and making wholesome food selections, as well as attending normal doctor's appointments and getting immunized. Regrettably, a significant number of diabetic individuals living in Tennessee are not receiving the needed care. Since 2004, adults in Tennessee have a lower likelihood of visiting a health professional for diabetes than the typical adult in the rest of the country. This includes annual foot and eye exams. They are also less likely to check their glucose levels, acquire a vaccination against influenza, or attend a session on the management of diabetes for themselves.
* Diabetes is an appropriate target for prevention initiatives since it is a major risk factor for other serious chronic illnesses, and it may be treated by a mix of changes to one's lifestyle and interventions provided by health care providers. Smoking, being overweight or obese, not getting enough exercise, having high blood pressure, and having high cholesterol are all risk factors that can play a role in developing type 2 diabetes and can be modified. According to a number of studies, one of the most effective ways to forestall the beginning of type 2 diabetes is to achieve a healthy weight, engage in more physical activity, and make healthier food choices!

**Sources:**

* <https://www.americashealthrankings.org/explore/annual/measure/Diabetes/state/TN>
* <https://www.tn.gov/content/dam/tn/health/program-areas/reports_and_publications/Diabetes_Action_Report_2019.pdf>
* <https://diabetesjournals.org/care/article/45/Supplement_1/S1/138921/Introduction-Standards-of-Medical-Care-in-Diabetes>