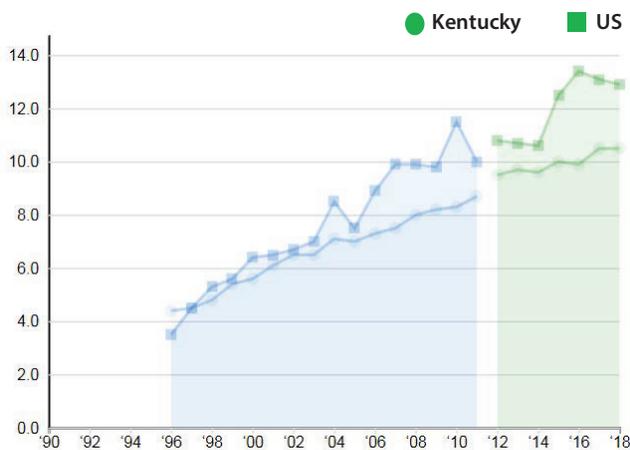


Topic: Type 2 Diabetes

Definition of Diabetes Type 2

Mayo Clinic defines Diabetes Type 2 as a chronic condition in which your body either resists the effects of insulin or does not produce enough insulin to maintain a normal glucose level.

Trend: Diabetes, Kentucky, US
America's Health Rankings, 2018 Annual Report



Quality Metrics:

Hemoglobin A1c:

- Good control means the A1c is < 8%
- Poor control means the A1c is > 9%
- Ideally, people with diabetes will have a hemoglobin A1c of < 7%.

Retinal Eye Exam

Nephropathy Screening

Foot Exam

Impact on Kentucky Health

1. 12.9% of Kentuckians have an active diagnosis of diabetes, while the US average is 10.5%.
2. In the past four years, diabetes in Kentucky increased 22%, from 10.6 to 12.9% of adults.
3. Diabetes is more common among those with lower incomes and/or lower levels of education.
4. Diabetes is also more prevalent as people age.
5. Not engaging in regular physical activity is a risk factor for a number of diseases, including Type 2 Diabetes. Kentucky ranks 50th in prevalence of sedentary lifestyles.

Can we have an impact on diabetes in Kentucky? How?

Evidence-Based Medicine (EBM) tells us that "Prevention is the best medicine." Prevention for diabetes includes weight control, nutrition, increased physical activity, and participation in organized diabetes prevention programs for those with increased risk.

EBM also tells us that diabetes is a controllable disease and we are in a position to make a real difference in the health of those we serve. Our providers need help to reinforce the EBM they practice so well. Listed below are some quality metrics that if followed, may save a patient from loss of life, limbs or eye sight. Payers, both commercial and government, recognize that practicing EBM fosters positive outcomes for our patients. Incentives are offered in order to keep patients with diabetes healthier and to decrease the amount of money spent on care and complications.