



Diabetes Free SC Annual Meeting Value-enhanced Connections with Public Health

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OUR MISSION

*To protect, promote,
and improve the health
and well-being of everyone
in South Carolina.*



Diabetes by the Numbers

- **34.2 million** US adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the **seventh leading cause of death** in the United States (and may be underreported).
- Diabetes is the **No. 1** cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last **20 years**, the number of adults diagnosed with diabetes has more than **doubled**.

The Big Picture

- More than 88 million US adults—over a third—have prediabetes, and more than 80% of them don't know they have it.
- Diabetes is the 7th leading cause of death in SC (2018).
- Type 2 diabetes accounts for approximately 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for approximately 5-10%.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.



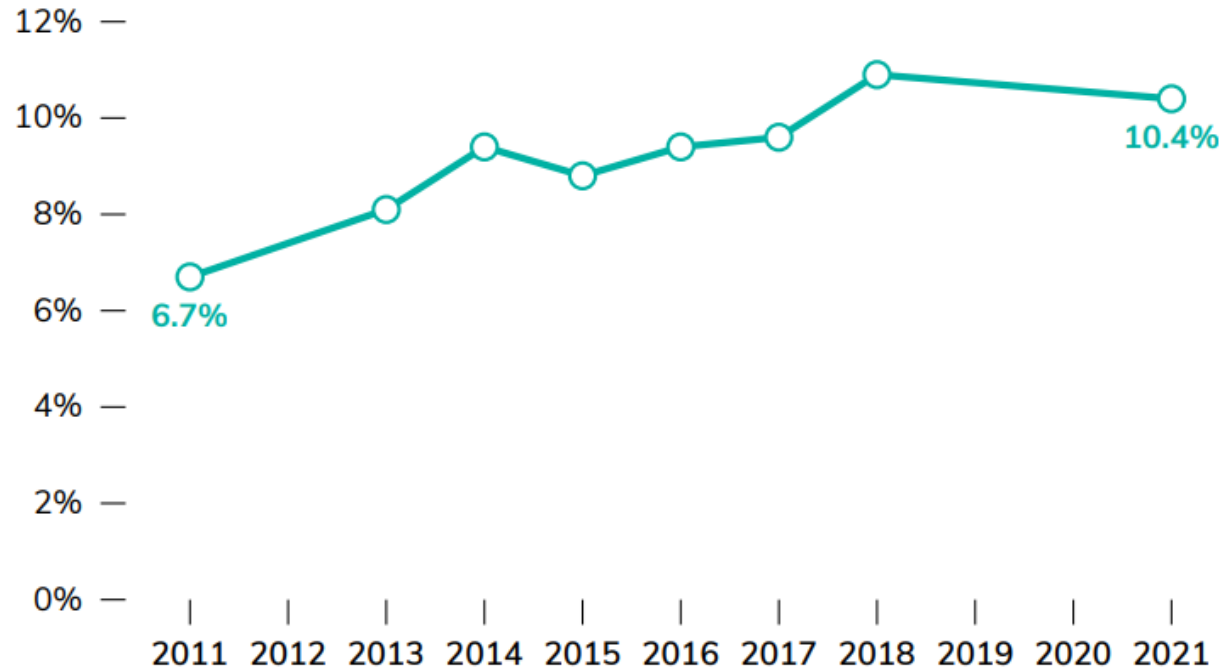
What Can Communities do About the Numbers?

State Health Improvement Plan



FIGURE 9.13

Adults with Prediabetes
Percent



Source: SC BRFSS.

Note: Adults 18+.

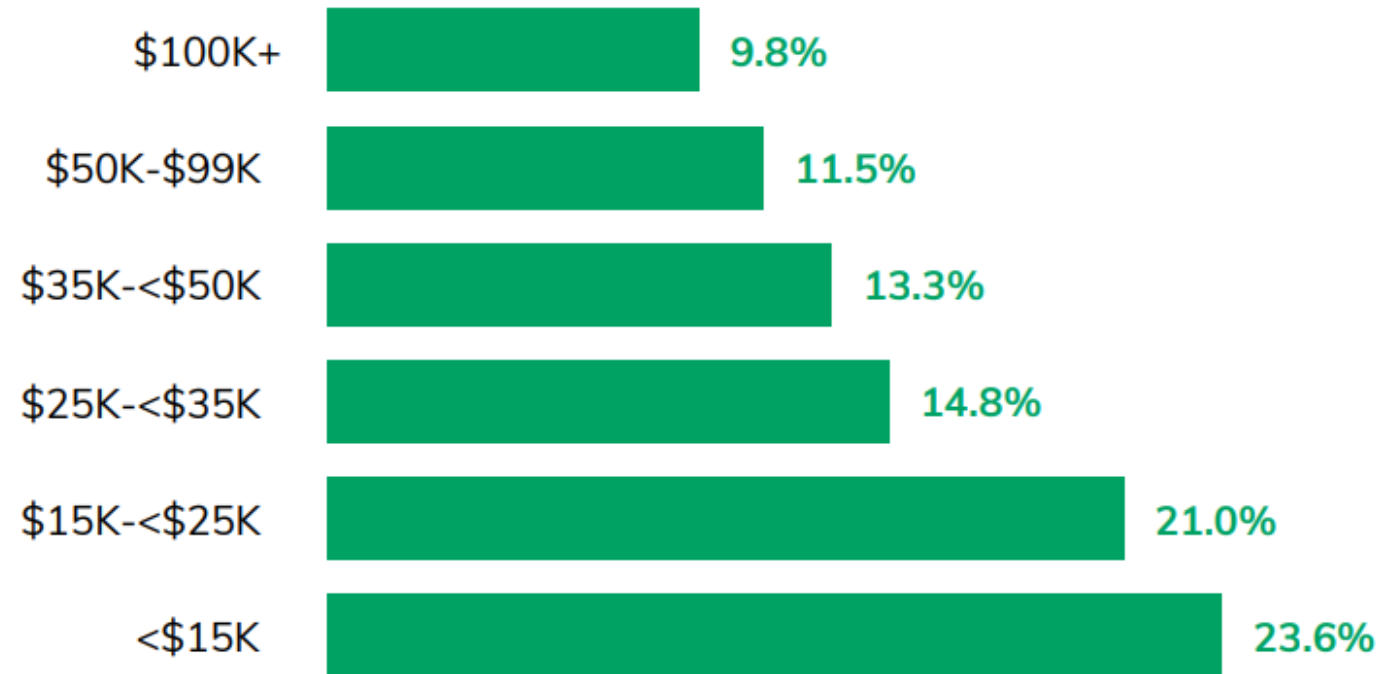
[SHA-Report-20240521.pdf](#)

State Health Improvement Plan



FIGURE 9.16

Adults with Diabetes, by
Income
Percent



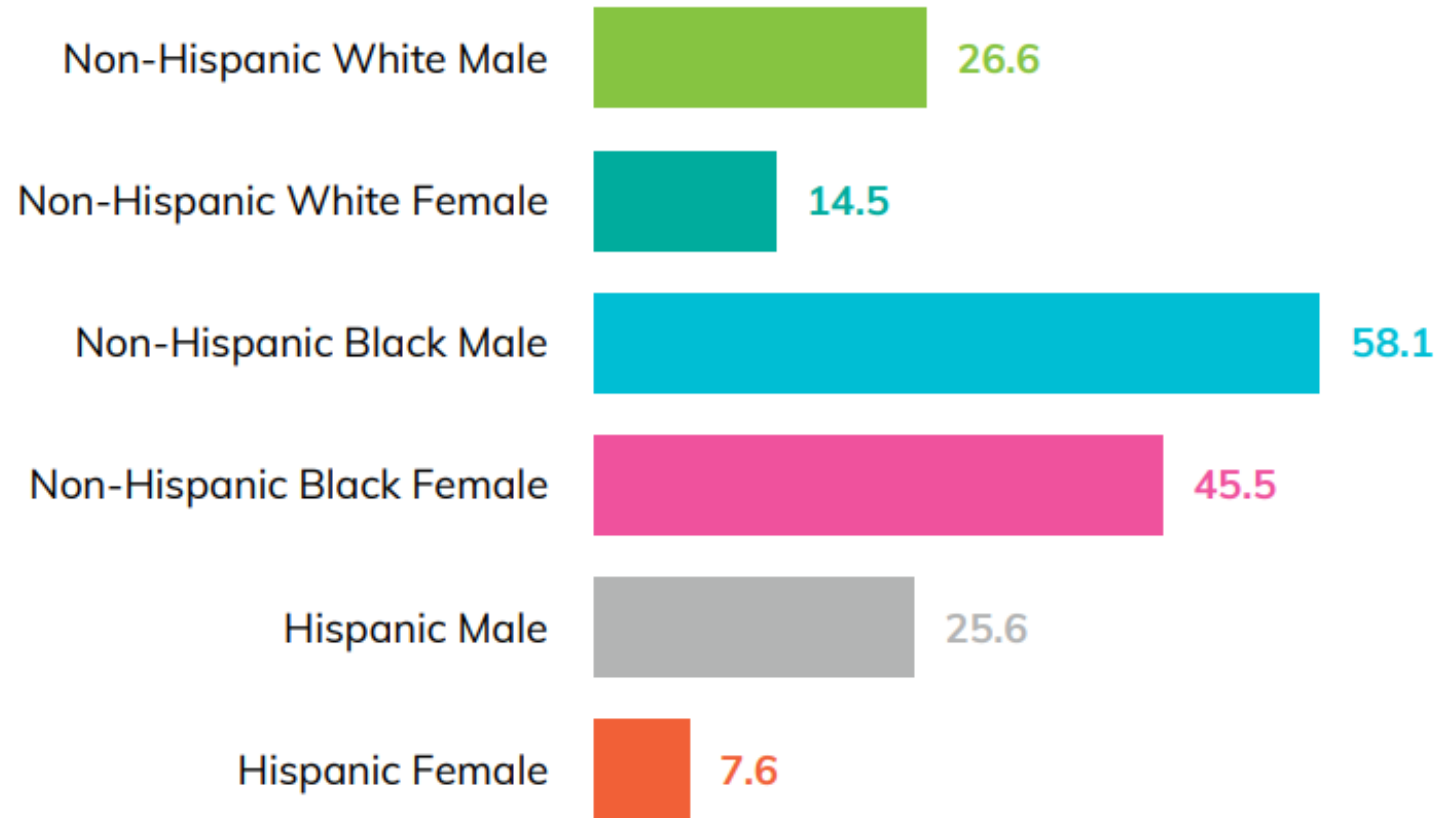
Sources: SC BRFSS, 2021.

Note: Adults 18+.

FIGURE 9.17

**Diabetes Deaths, by Race/
Ethnicity and Sex**

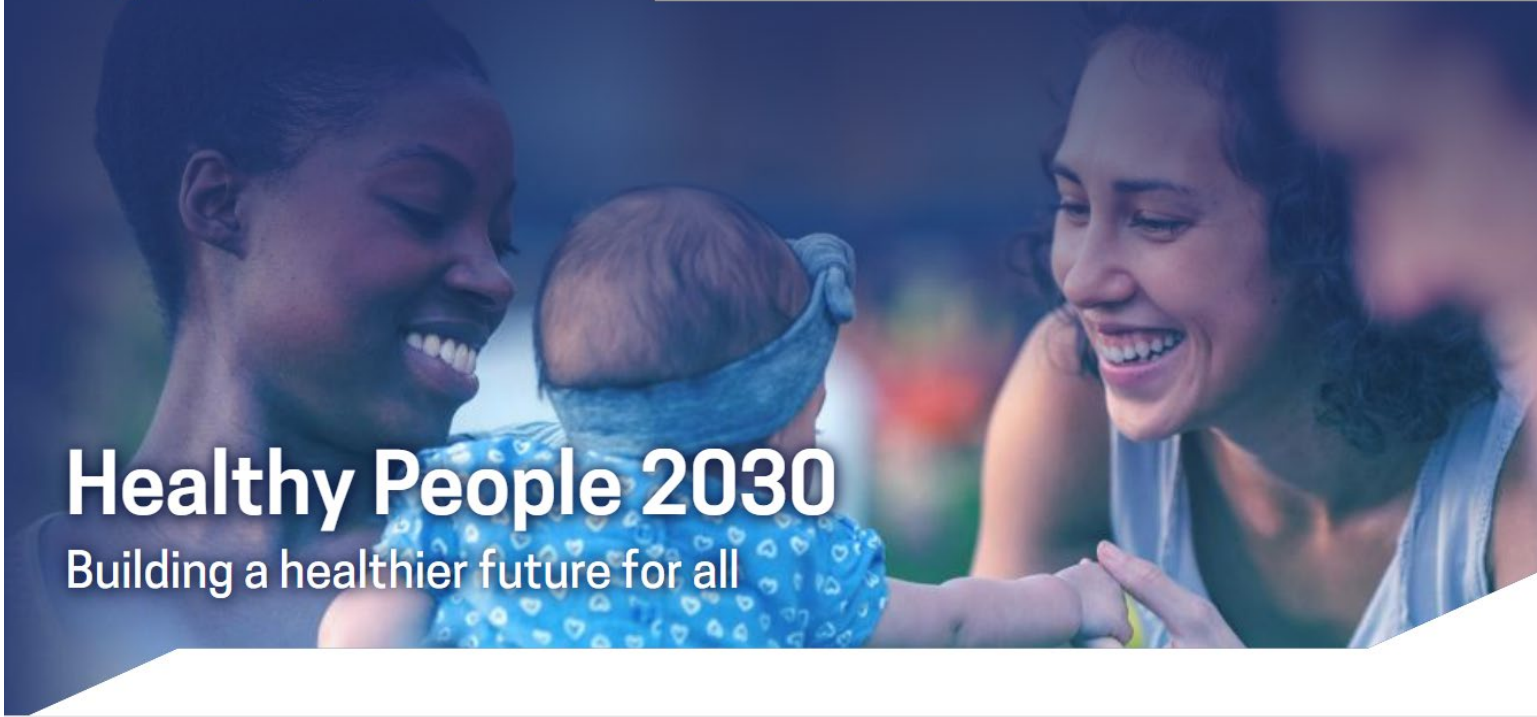
Rate per 100,000 population



Sources: SC DHEC Vital Statistics, 2021.

Notes: Age-adjusted, population for year 2021 based on single-race estimates.

 **Healthy People 2030**



[Healthy People 2030 | odphp.health.gov](https://odphp.health.gov)

Healthy People in Action

Healthy People in States and Territories

Use Healthy People 2030 in Your Work

Use Healthy People 2030 Evidence-Based Resources in Your Work

[Browse Evidence-Based Resources](#)



Healthy People 2030

Building a healthier future for all

Healthy People 2030 Diabetes Related Goals



Healthy Children and Adolescents

NWS-04: Reduce the proportion of children and adolescents with obesity

PA-06: Increase the proportion of adolescents who do enough aerobic physical activity

Healthy Adults

NWS-03: Reduce the proportion of adults with obesity

TU-02: Reduce current cigarette smoking in adults

Healthy People 2030 Diabetes-related Objectives



Reduce the proportion of children and adolescents with obesity — NWS-04

★ LHI

- Objective Overview
- Data
- Infographic
- Data Methodology and Measurement
- Evidence-Based Resources
- Healthy People in Action

Status: Little or no detectable change [Learn more about our data release schedule](#)



Most Recent Data:
19.7 percent (2017-20)



Target:
15.5 percent



Desired Direction:
Decrease desired



Baseline:
17.8 percent of children and adolescents aged 2 to 19 years had obesity in 2013-16

[See detailed data for this objective](#)

Reduce the proportion of children and adolescents with obesity

Target-Setting Method: Minimal statistical significance



Healthy People 2030 Diabetes Related **Interventions**

Reduce the proportion of children and adolescents with obesity — NWS-04

Evidence-Based Resources



Summary

Many children and adolescents in the United States have obesity. Obesity is linked to a higher risk for diseases and conditions like high blood pressure, high cholesterol, diabetes, asthma, anxiety, and depression. In addition, children with obesity are more likely to be bullied and to have obesity as adults. Evidence suggests that intensive behavioral programs that use more than 1 strategy are an effective way to reduce childhood obesity. Policy and school curriculum changes that make it easier for children and adolescents to eat healthy and get physical activity can also help reduce obesity.



Topics: [Overweight and Obesity](#), [Adolescents](#), [Children](#), [Physical Activity](#)

Workgroup: [Nutrition and Weight Status Workgroup](#)

Healthy People 2030 Diabetes Related **Interventions**



[Home](#) » [Tools for Action](#) » [Browse Evidence-Based Resources](#) » [Obesity Prevention and Control: Meal or Fruit and Vegetable Snack Interventions Combined with Physical Activity Interventions in Schools](#)

Obesity Prevention and Control: Meal or Fruit and Vegetable Snack Interventions Combined with Physical Activity Interventions in Schools

About this resource:

Systematic Review

Source: The Guide to Community Preventive Services



Integrating Community Access

Home > Health & Wellness > Nutrition, Physical Activity, & Obesity Prevention > Nutrition & Active Living > Integrating Community Access

Nutrition & Active Living

Engaging Partners

Integrating Community Access

Nutrition Web Links



Obesity - Tips to Help You Stay at a

Efforts to Integrate Access to Healthy Foods and Opportunities for Active Living into Community Planning and Design

- Build environment interventions to increase access to healthy foods and opportunities for physical activity create or modify environmental characteristics in a community to make healthy eating and active living easier or more accessible.
- Coordinated approaches must combine new or enhanced elements of transportation systems with new or



Diabetes Awareness Month and the Great American Smokeout

FACT: Smokers are 30–40% more likely to develop type 2 diabetes than nonsmokers.

November is National Diabetes Month. If you are a smoker with diabetes, the best thing you can do is quit now. For free help, CALL 1-800-QUIT-NOW.



Source:
SurgeonGeneral.gov

Effective Communication with those at risk for Diabetes



- Who is the audience?
- What is the goal?

Effective Communication with those at risk for Diabetes



- Who is the audience?
- What is the goal?
 - To convey the risk?
 - Education?

Effective Communication with those at risk for Diabetes



- Who is the audience?
- What is the goal?
 - To convey risk?
 - Education?
 - Behavior change!
- What is the priority?

Enhancing Connections



A TIP FROM A FORMER SMOKER

Diabetes and smoking is a bad combination.

You can quit smoking. For free help: 1-800-QUIT-NOW.

CDC.gov/quit

This advertisement features a man with a prosthetic left leg sitting on a green quilted couch in a bedroom. He is wearing a light blue button-down shirt and khaki shorts. A text box in the top left corner reads "A TIP FROM A FORMER SMOKER". A larger text box in the center says "Diabetes and smoking is a bad combination." At the bottom, there is a call to action: "You can quit smoking. For free help: 1-800-QUIT-NOW." and the CDC logo with the website "CDC.gov/quit".

MAKE A PLAN TO QUIT SMOKING

You can quit. For free help: 1-800-QUIT-NOW.

CDC.gov/quit

This advertisement has a light blue background. At the top, a blue banner with white text reads "MAKE A PLAN TO QUIT SMOKING". Below the banner are three vertical panels showing a man, a woman, and another man, all smiling and looking at their mobile phones. At the bottom, there is a call to action: "You can quit. For free help: 1-800-QUIT-NOW." and the CDC logo with the website "CDC.gov/quit".

Influence and Leadership

SYSTEMIC SICKNESS

Black Americans Still Suffer Worse Health. Here's Why There's So Little Progress.

The United States has made almost no progress in closing racial health disparities despite promises, research shows. The government, some critics argue, is often the underlying culprit.





Connections with Policy Makers

- South Carolina remains one of only 11 states without Medicaid expansion.
- Research shows it would provide medical insurance to hundreds of thousands of people, and create thousands of health care jobs across the state.
- In South Carolina this means more preventable deaths among people who cannot readily afford needed health care.



Influence and Leadership

- Meaningful community engagement requires:
 - Alignment through inclusive community-centered decision-making.
 - Balance of Power which centers residents in initiatives that will impact them.
 - Collaboration creating relationships to achieve long-term sustainable change.
- Community Health Workers are essential to facilitating value-enhanced public health initiatives and help align priorities communities that sometimes differ from institutions and policymakers.



Confronting Misinformation and Disinformation

Common Myths

- Type 2 diabetes isn't as serious as Type 1 diabetes.
- TikTok home remedies – drink vinegar to control blood sugar.
- I can't prevent diabetes, why try.
- Eating sugar causes diabetes.
- No one in my family has diabetes so I won't get it.



MEDICAL NEWS
& PERSPECTIVES

Decades of Work to Reduce Disparities in Health Care Produce Limited Success

Rebecca Voelker

THE EARLY WEEKS OF 2008 BROUGHT discouraging news for advocates working to narrow health care disparities among racial and ethnic groups. In rapid succession, several studies pub-

With greater awareness directed toward the issue through such major reports as the Institute of Medicine's *Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care*, published in 2003, the body of data on health care disparities is expanding. For example, a study

gery. (Martinez SR, et al. *Cancer*. 2008;112[5]:1162-1168).

OUTRAGED BUT NOT SURPRISED

The apparent lack of progress in reducing health care disparities is more than frustrating for many experts in the field



Racial and Ethnic Approaches to Community Health (REACH 2010)

- One of the few studies that showed a reduction in racial disparities was implemented in Charleston and Georgetown counties.
- 28 community partners came together and set goals to improve diabetes care for blacks and eliminate health care disparities with interventions including: health fairs, support groups, grocery store tours, community clinics and church-based educational programs.
- A review of care for 158 blacks and 112 non-blacks showed differences in rates of HgbA1c testing, lipid and kidney testing, eye examination, and BP control that had ranged from 11% to 28% at baseline had been eliminated.



Thank You Questions?

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