

# Diabetes in Minnesota

## What is Diabetes?

Diabetes is a set of diseases that occurs when glucose (sugar) builds up in your blood. It is caused by problems with insulin, a hormone that helps your body use glucose. Glucose provides energy to your body. It is found in carbohydrates in food.<sup>1</sup>

## Common Types of Diabetes

**Type 1** develops when the pancreas (an organ near your stomach) stops making insulin. Type 1 often starts in childhood, but adults can develop it.<sup>1</sup>

**Type 2** develops when the pancreas slows down its production of insulin or the body cannot use the insulin. Type 2 diabetes is on the rise worldwide. About 95 percent of all diabetes cases are type 2.<sup>1</sup> Most cases occur among adults.

**Gestational diabetes** affects women during pregnancy and usually goes away after pregnancy. Between 2-10% of women have had gestational diabetes.<sup>1</sup>

## How many adults in Minnesota have diabetes?

In 2017, 7.8% of Minnesota adults (about 330,000)<sup>2</sup> had been diagnosed with diabetes (type 1 or 2). Around 18,000 new cases are diagnosed in Minnesota each year (2010).<sup>2</sup>

Around 1 in 10 people with diabetes do not know that they have the disease.<sup>3</sup>

Including people who do not know they have diabetes, the **true number of adults with diabetes in Minnesota may be around 10 percent.**

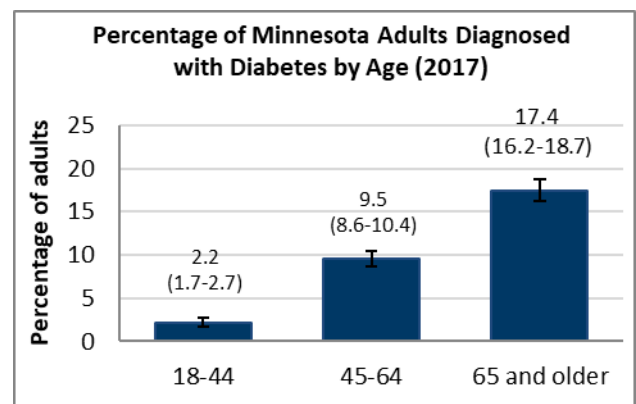
## Who is at risk for diabetes?

**Type 1 diabetes:** We know some genes that can increase risk of type 1 diabetes, but we do not know what triggers it or how to prevent it. Having a family history of type 1 may put you at greater risk.<sup>1</sup> Read more about family history and the [genetics of diabetes](#).

Also, non-Hispanic whites are more likely to experience type 1 diabetes than other ethnic groups.

**Type 2 diabetes:** Many people are at increased risk for type 2 diabetes:

- **Older adults:** Diabetes is more common among older adults.<sup>2</sup>



- **Overweight and obese adults:** Nearly 2 in 3 adults (65%) in Minnesota were overweight or obese in 2017.<sup>2</sup> Use the Centers for Disease Control and Prevention's [Adult BMI Calculator](#) to determine your BMI, which can measure if you are overweight.

- **Ethnic groups** other than non-Hispanic white experience more type 2 diabetes.<sup>1,3</sup>
- **People with a family history of diabetes**<sup>1</sup>: shared lifestyle patterns like diet and exercise are important and genes may play a role too.
- **People with low levels of physical activity**<sup>1</sup>: In 2017, only 21% of Minnesota adults regularly got all recommended physical activity, which includes: 1) muscle strengthening and 2) aerobic activity.<sup>2</sup> See [physical activity basics](#) to get ideas for including physical activity into your day.
- **Women who had gestational diabetes**: About 50 percent of women who had gestational diabetes will develop type 2 diabetes later in life.<sup>3</sup>
- **Adults with cardiovascular disease and cardiovascular risk factors**: In 2017, 27 percent of Minnesota adults reported having been diagnosed with high blood pressure and 29 percent have high cholesterol.<sup>2</sup>
- **Adults with prediabetes**: As many as 34% of adults in Minnesota may have prediabetes.<sup>4</sup> Most do not know they have it.<sup>5</sup>

Minnesota rates increased between 1994 and 2010. New US data suggest the increases may have slowed for some groups.<sup>6,7</sup> Increases may be due to:

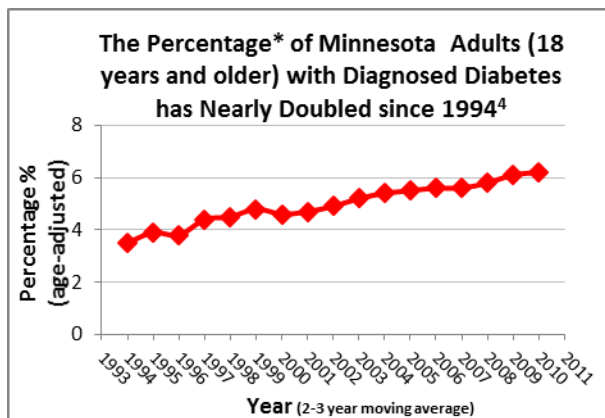
- people with diabetes living longer, healthier lives than before
- improved detection of diabetes
- our population getting older and demographics changing \*(effects minimal in the chart)
- changes in diagnostic criteria, and
- increasing rates of obesity and risk factors

**We also need to look at *diabetes among people under 20 years of age*.** In the US, 0.22 percent of people under 20 have diagnosed diabetes versus 9.3 percent of adults.<sup>4,8</sup> Diabetes is much less common in this age group and rates for all types are rising.

Until recently, type 2 diabetes was rarely seen in children or youth. A new study suggests the number of type 2 cases among youth in the US increased 31% percent between 2001-09.<sup>8</sup>

*Obesity and physical activity* are the only factors involved in increasing diabetes rates that **we can change to lower risk**. Learn more about the [importance of a healthy weight](#).

## Are diabetes rates on the rise?



## What are symptoms?

Not everyone with diabetes experiences diabetes symptoms. However, if you experience any [diabetes symptoms](#), please contact your health care team immediately.

For type 2 diabetes, people may experience no symptoms. Your health care team can run a blood test to tell you if you have type 2.

## Should I get tested?

If you are:	Recommendations <sup>1</sup>
45 years old or older & overweight	Get tested
45 years old or older & not overweight	Consider being tested
18-44 years old, overweight or obese and have any of the following risk factors listed here.	Get tested

Also, you can take the [Type 2 Diabetes Risk Test](#) to see if you might be at risk. **Talk with your health care provider if you have risk factors or are concerned about your diabetes risk.**

*Updated October 2018.*

## References

<sup>1</sup>[National Diabetes Information Clearinghouse](#)

<sup>2</sup>[CDC, Behavioral Risk Factor Surveillance Study](#)

<sup>3</sup>[Selvin, E et al. 2017 Ann Intern Med. 167\(11\):769-776.](#)

<sup>4</sup>[CDC, National Diabetes Statistics Report 2017](#)

<sup>5</sup>[CDC, Diabetes Public Health Resource: Prediabetes](#)

<sup>6</sup>[Reuters, Diabetes rates may be leveling off overall: U.S. health officials 9/23/2014](#)

<sup>7</sup>[Geiss LS et al. 2014 JAMA 312\(12\):1218](#)

<sup>8</sup>[Hamman RF et al. 2014 Diabetes Care 37\(12\):3336](#)

Minnesota Department of Health

Diabetes Unit

PO Box 64882,

St. Paul, MN 55164-0882

651-201-5435

[Minnesota Department of Health Website](#)

[www.health.state.mn.us](http://www.health.state.mn.us))