



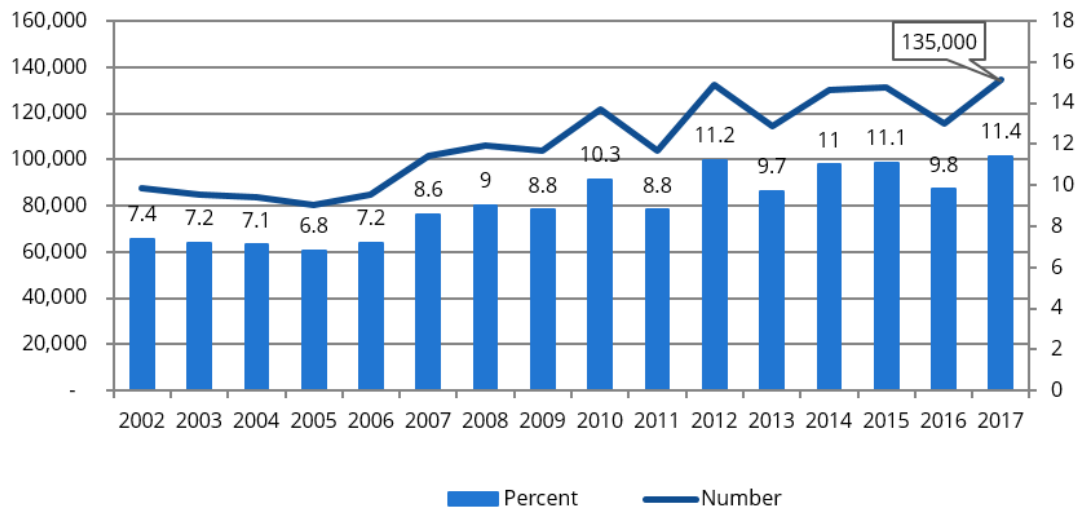
CHART

Diabetes Prevalence and Impact on Philadelphia

Type 2 diabetes, formerly known as adult-onset diabetes, is a chronic health condition that is a major cause of heart disease, vision loss, kidney disease, and amputations. Maintaining a healthy weight, eating healthy food, and being physically active can help prevent and manage diabetes. Environmental factors that affect these behaviors and play an important role in driving up diabetes rates include availability and marketing of unhealthy foods, low availability of affordable healthy foods, and few opportunities for physical activity. The Centers for Disease Control estimate that if current trends continue, 40% of Americans and more than 50% of African-Americans and Latinos will develop diabetes in their lifetimes. This CHART examines trends in diabetes among Philadelphia residents.

Diabetes has increased by more than 50% in the past 15 years

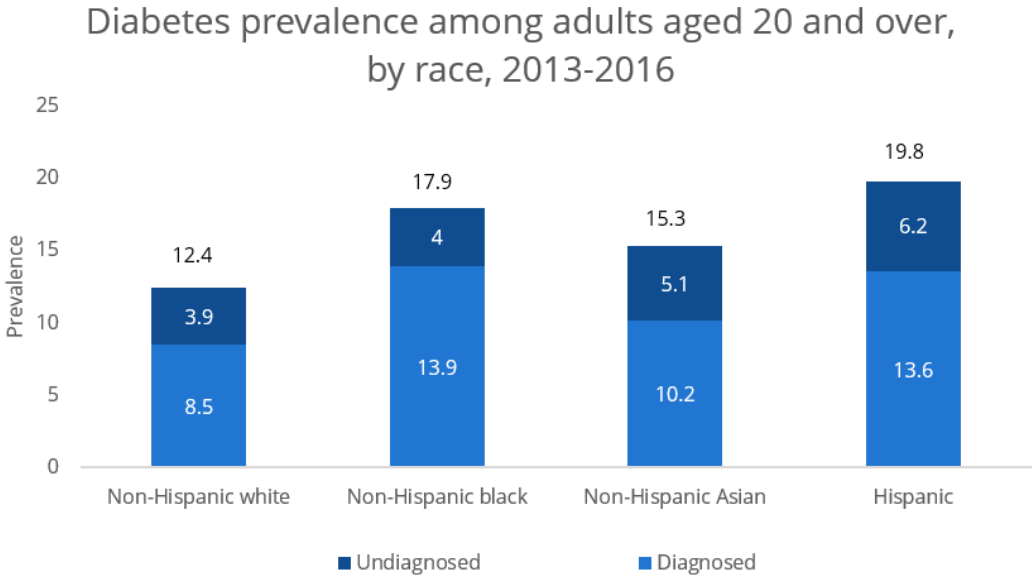
Philadelphians who have ever been told they have diabetes by a health professional



- In annual surveys, an estimated 11.4% of adults in Philadelphia had diabetes in 2017, an increase of more than 50% from 2002. A different survey in 2018 estimated that 14% had diabetes.
- The increase in diabetes has been driven by an increase in obesity and parallels national trends.
- In Philadelphia in 2017, an estimated 135,000 adults had ever been told by a health professional that they have diabetes.

Source: BRFS

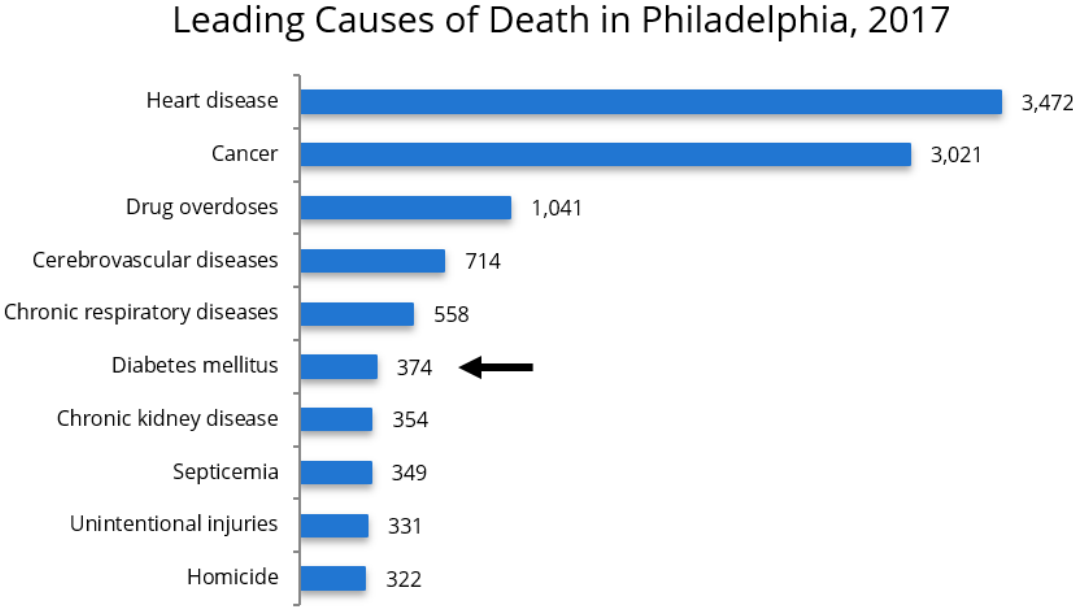
Nearly one-in-three people with diabetes are unaware that they have it



- Nationally, 30% of people with diabetes are unaware of their diagnosis.
- Undiagnosed diabetes is more frequent in Hispanic adults than non-Hispanic white adults.

Source: NHANES

Diabetes is the sixth leading cause of death in Philadelphia

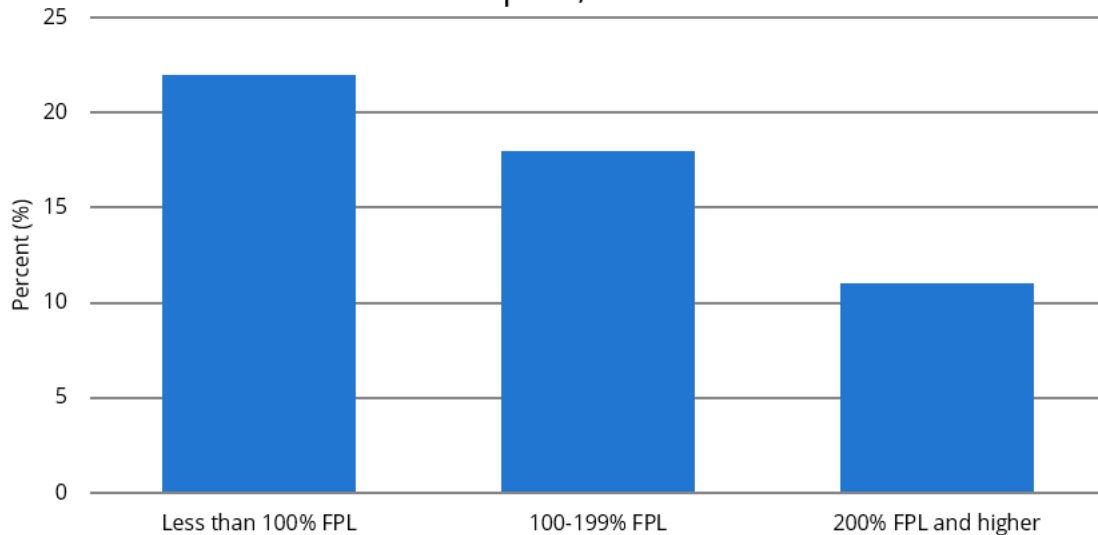


- Diabetes was the primary cause of 374 deaths in 2017. Diabetes was a secondary cause of death for an additional 645 Philadelphians.
- Diabetes is the 6th leading cause of years of potential life lost in Philadelphia, accounting for more than 3,200 years of potential life lost in the population in 2015.

Source: Health of the City, 2018

Diabetes is twice as common in poverty

Adult Diabetes Prevalence by Income Levels,
Philadelphia, 2014-2015

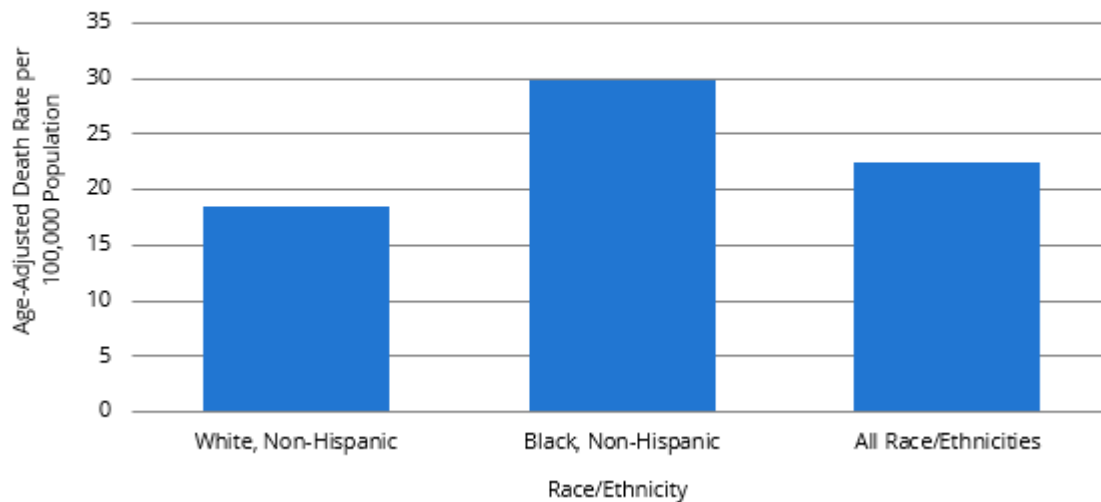


Note: FPL designation is based on the household income and household size

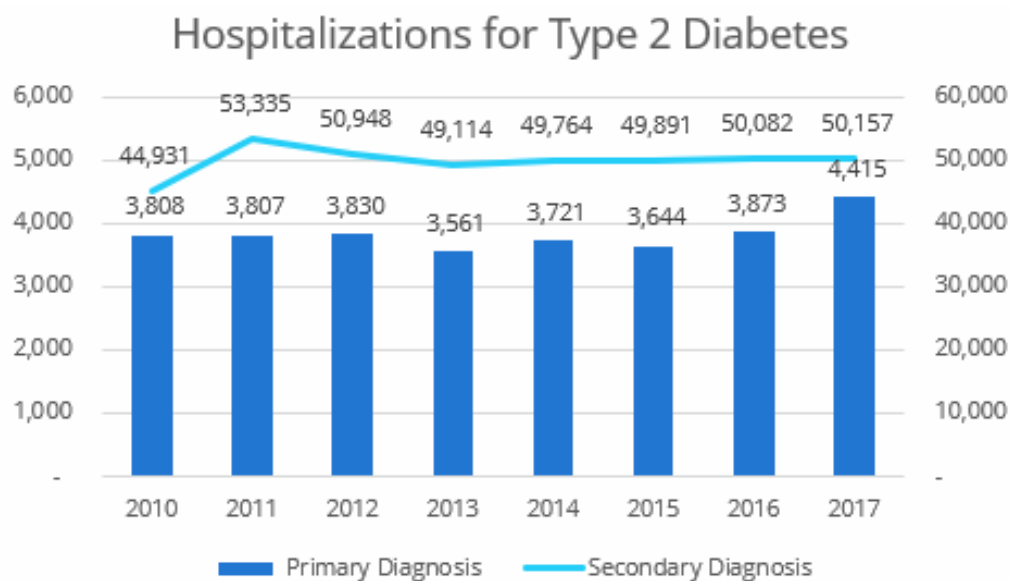
Source: PHMC Household Health Survey, 2014/15

Death rates from diabetes in Philadelphia are 60% higher in African-Americans

Age-Adjusted Death Rate From Diabetes in
Philadelphia, 2015



Diabetes causes thousands of hospitalizations in Philadelphia



- In 2017, there were 4,415 hospitalizations with type 2 diabetes as the primary cause and over 50,000 hospitalizations for which it was a secondary cause.
- In 2016, about 86% of the diabetes hospital admissions for adult patients were considered potentially preventable based on a set of Prevention Quality Indicators developed by the Agency for Healthcare Research and Quality (AHRQ).
- In 2016, hospital admissions rates for diabetes were 75% higher in Philadelphia than in Pennsylvania overall (33.3 vs 19 per 10,000).

Source: PHC4 Research Brief, November 2017

What Can Be Done

The City of Philadelphia is:

- Continuing implementation of the Philadelphia Beverage Tax, a strategy anticipated to have significant impact on diabetes over the next 10 years
- Partnering with community groups across the city to increase the availability and affordability of healthy food
- Implementing comprehensive nutrition standards in all city-funded foodservice programs, including summer and afterschool programs, youth correctional facilities and shelters.
- Working with the School District to increase physical activity during the school day
- Providing information about affordable physical activity through its [Philly Powered](#) site
- Improving city parks and recreation centers through the [Rebuild](#) program

Health care providers can:

- Counsel patients on healthy behaviors to reduce their risk of diabetes including by increasing physical activity and avoiding sugar-sweetened beverages and snack foods that are high in sugar and unhealthy fats.
- Offer testing for diabetes to high-risk patients, including: 1) all adults age 45 and over and 2) adults and children of any age who are overweight or obese and who have one or more additional risk factors for diabetes including:
 - First-degree relative with diabetes
 - High-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
 - History of cardiovascular disease
 - Hypertension
 - HDL cholesterol level < 35 mg/dL and/or a triglyceride level > 250 mg/dL
 - Women with polycystic ovary syndrome
 - Physical inactivity
 - Other clinical conditions associated with insulin resistance (e.g., severe obesity, etc.)
- Refer patients with pre-diabetes to diabetes prevention programs, intensive lifestyle change programs that have been shown to decrease the risk of diabetes
- Follow current [guidelines](#) for management of patients with diabetes

People can:

- Follow recommendations for nutrition and physical activity, including:
 - Avoid sweetened drinks, including sodas, sweetened teas, sports drinks, and fruit drinks.
 - Cut back on sugary snack foods
 - Reduce screen time and other sedentary behaviors to no more than 2 hours per day for children age 2 and over and none for children under age 2
 - Adults need to sleep for at least 7 hours per night, while teens need 8 to 10 hours and children age 6 to 12 need 9 to 12 hours of sleep per night
 - Get at least 30 minutes of physical activity 5 days a week
- Understand your risk: take the [test](#) for prediabetes
- Ask your health care provider about your risk for diabetes
- If you have diabetes, make sure you are getting the care you need to stay healthy including:
 - Keep track of your blood glucose levels, blood pressure, and cholesterol numbers and determine your goals with your health care team
 - Make a diabetes meal plan with your health care team and follow it. Choose more fruits and vegetables, beans, whole grains, lean meats, and nonfat or low-fat milk and cheese.
 - Check your feet every day for cuts, blisters, and swelling
 - Take your diabetes medications regularly
 - See your eye doctor annually for a dilated eye exam

Resources

- CDC: <https://www.cdc.gov/diabetes/home/index.html>
 - NIH: <https://www.niddk.nih.gov/health-information/diabetes/overview>
 - ADA: <https://www.diabetes.org>
 - Food Fit Philly Nutrition Resources: <http://foodfitphilly.org/resources/#nutrition>
 - Philly Powered: <http://phillypowered.org/>
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All PDPH CHARTs are available on <http://www.phila.gov/health>.