

Riverside County Adult Diabetes Fact Sheet

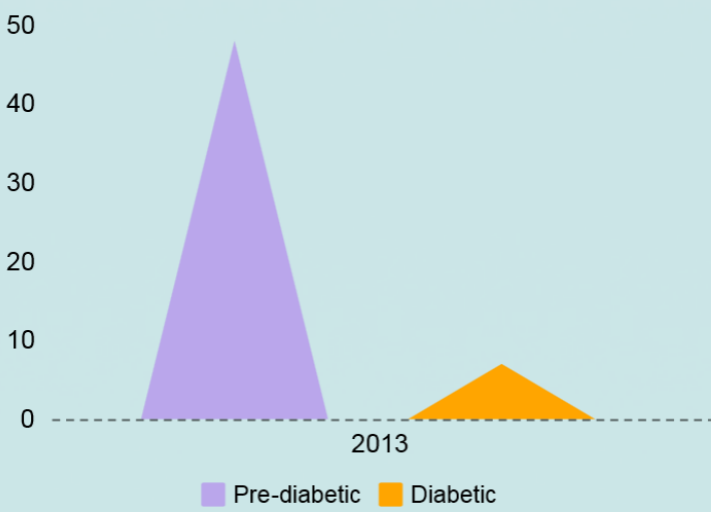
Diabetes is the seventh leading cause of mortality in the U.S. and can lead to serious health issues, including blindness, heart disease and kidney failure.

The disease is caused by an increase of glucose in the blood. Many foods we eat are converted into this glucose, or sugar, as energy for our bodies. The pancreas produces a hormone, insulin, to help glucose enter cells in our bodies. Diabetes occurs when the body cannot properly use or make the required amounts of insulin.

Pre-diabetes is a term used to describe blood glucose levels that are higher than normal, but are not at a level that can be diagnosed as diabetic. This can lead to stroke, heart disease and Type 2 diabetes, the most prolific and highly preventable form of diabetes.

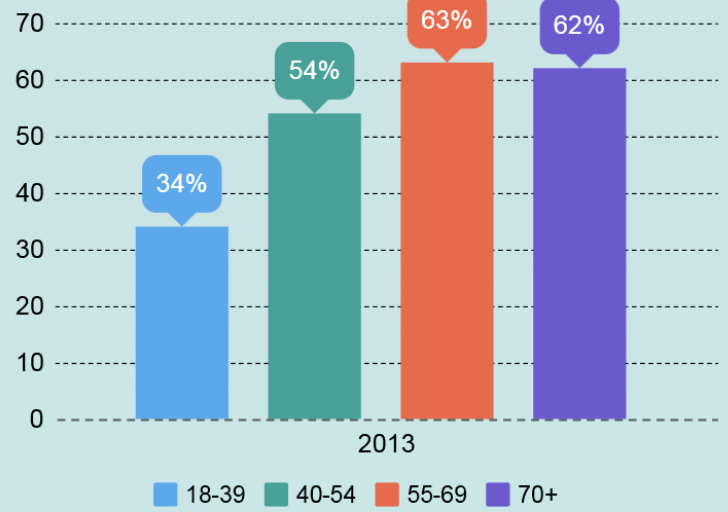
Pre-diabetes and Diabetes in Riverside County

Pre-diabetic and Diabetic Rates



Pre-diabetic adults (48%) are 2% higher than the state average and diabetic adults (7%), are 2% lower than the state average.

Pre-diabetic Rates by Age



Adults 55 and older have the highest rate of pre-diabetes and are more susceptible to developing type 2 diabetes.

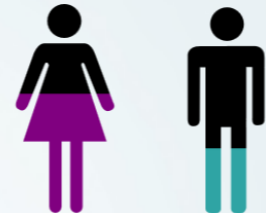
Facts about Diabetes in Riverside County



Diabetes prevalence is highest among African-Americans



19.1 deaths per 100,000 of the population are caused by diabetes



Women have a higher prevalence rate (5.7%) of diabetes than men (5.5%)

Personal Preventive Measures

Eating healthy is a critical part of preventing and controlling diabetes.

Being physically active can help control blood pressure, blood glucose, weight and raise your good cholesterol levels.

Moderate weight loss and physical activity can delay or prevent Type 2 diabetes among high-risk adults.