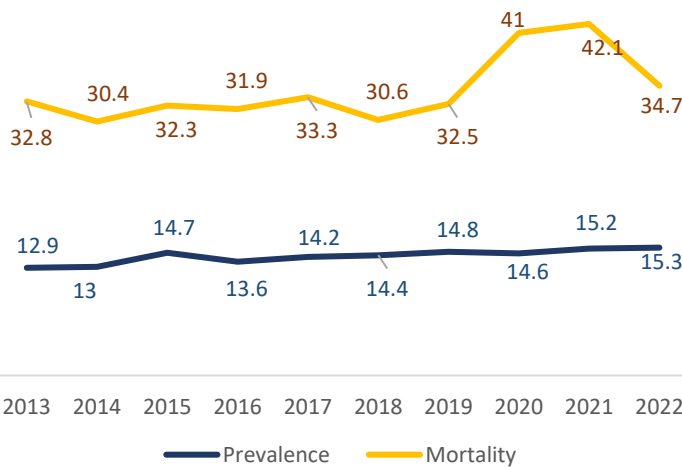


Diabetes in Mississippi 2022

The prevalence of diabetes has been constantly increasing every year over the last ten years from 12.9% in 2013 to 15.3% in 2022. Though the mortality due to diabetes in MS declined by 18% in 2022 compared to 2021 (Fig. 1), diabetes continued to be the eighth leading cause of death in the state for 2022.

The Centers for Disease Control and Prevention, (CDC) reported there were 1,346,000 estimated years of life lost due to diabetes in Mississippi in 2013. The total annual cost attributable to diabetes during the same year was 16,207 dollars per person with diabetes. In 2013, the state’s annual total indirect costs attributable to diabetes were approximately \$2.523 billion. Apart from the economic burden, there is a serious health burden associated with diabetes, impacting the lives of several thousands of individuals with diabetes.

Fig. 1. Diabetes Prevalence % and Mortality per 100,000, MS 2013-2022



Diabetes – The Burden

- Approximately, **346,000** people in Mississippi have diabetes.
- In 2022, the prevalence of diabetes in MS (**15.3%**) was **32%** higher than that of the US (**11.6%**).
- In 2021, approximately **11.3%** of Mississippians have pre-diabetes.
- An estimated **21,000** people in MS are diagnosed with diabetes every year.
- As of 2022, Mississippi had the **second-highest diabetes prevalence rate** in the nation at **15.3 %**.
- In 2022, MS recorded a diabetes mortality rate of **34.7 per 100,000**.

When we compare the diabetes outcomes for the years 2021 and 2022, there is a gradual increase in diabetes prevalence with age in 2021, while the diabetes prevalence is highest among 55-64 years groups during 2022 (28%). In 2022, women had a higher diabetes prevalence (16.3%) when compared to men in the state of MS. When it comes to race, Black Mississippians (16.3% and 16.8%) had a higher diabetes prevalence in 2021 and 2022 when compared to White Mississippians (14.8% and 14.6%), (Fig. 3).

Fig. 2. Diabetes Prevalence % by Age group in MS, 2021 vs 2022

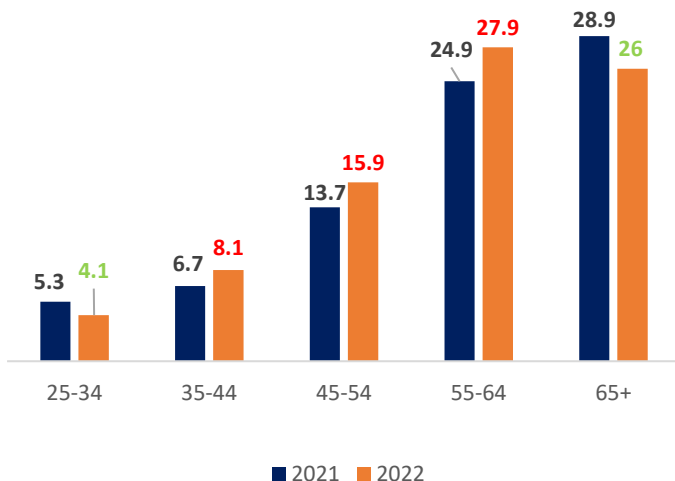
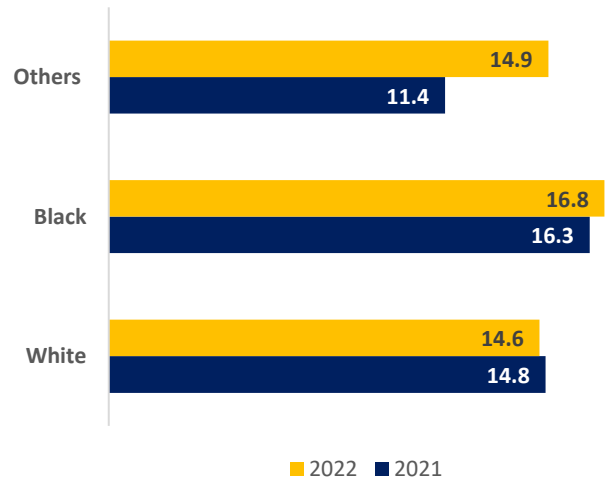


Fig. 3. Diabetes Prevalence % by Race in MS, 2021 vs 2022



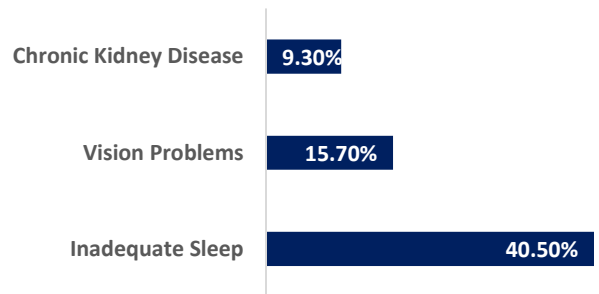
Overweight or Obesity, less physical activity, age, and family history of diabetes are the major risk factors for type 2 diabetes. However, factors such as hypertension, bad oral health, depression, etc., play a significant role in increasing the risk of diabetes among individuals. The following table lists the diabetes status and coexisting conditions or risk for diabetes in MS during 2022:

Table.1 Diabetes Status and Coexisting Conditions or Risk									
Diabetes Diagnosis	No Leisure time Activity	Obese	Former Smoker	Hypertension	Coronary Heart Disease	High Cholesterol	All Natural Teeth Extracted*	Depression	Arthritis
Yes	42.8%	56.5%	24.8%	81.4%	18.6%	62.1%	14.8%	29.5%	51.6%
No	28.6%	35.5%	19.8%	36.6%	7.1%	32.4%	6.3%	18.0%	26.0%

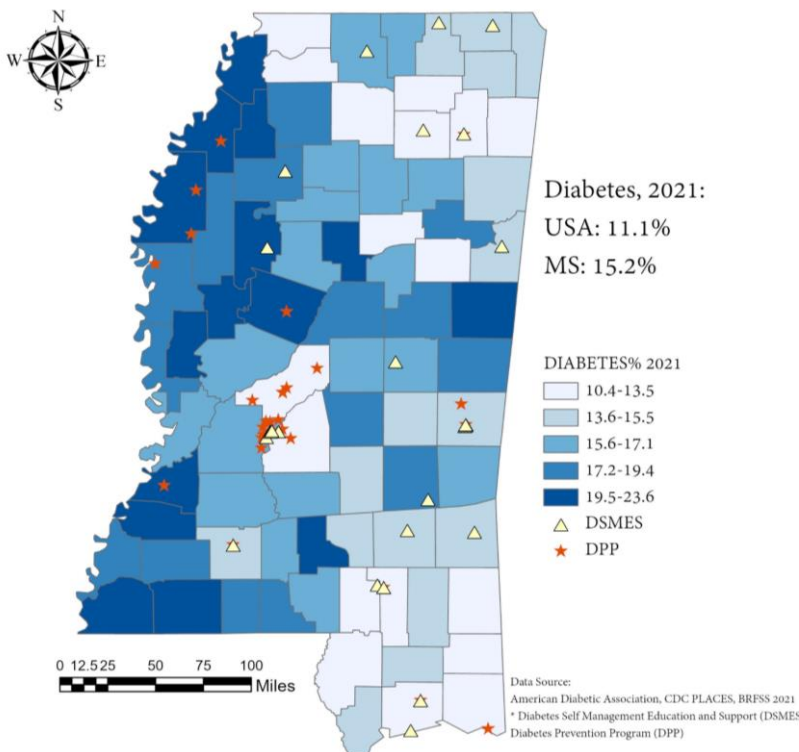
Data Source: 2021 MS BRFSS, * 2020 MS BRFSS

Common diabetes health complications include heart disease, chronic kidney disease, nerve damage, and other problems with feet, oral health, vision, hearing, and mental health. Some of the common complications of diabetes are listed in Fig. 4 on the right. Even though diabetes can lead to other health problems, you can prevent or delay these complications in many ways. For more details on diabetes complications management and living with diabetes, please refer to: <https://www.cdc.gov/diabetes/managing/index.html>

Fig. 4. Diabetes Complications, MS 2022



Prevalence of Diabetes by County in Mississippi and Locations of DSMES and DPP Sites*, 2021



The MSDH Diabetes Prevention and Control Program (DPCP) delivers the National Diabetes Prevention Program (National DPP) and the Diabetes Self-Management Education and Support (DSMES) program. The National DPP is a year-long lifestyle change class for adults with prediabetes to prevent or delay the onset of type 2 diabetes. For those living with type 2 diabetes, DPCP offers *Freedom*, a DSMES program that empowers and supports individuals to live a healthier lifestyle. DSMES classes are taught by qualified healthcare professionals. Topics include healthy eating, being active, taking medication, and healthy coping. For more details on the National DPP or DSMES programs, call 844-367-2566 to find a program in your area or visit www.HealthyMS.com/Freedom.

References:

1. Total Indirect Cost - Burden Toolkit (cdc.gov) CDC,
2. Mississippi Behavioral Risk Factor Surveillance System, 2022, 2021.
3. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm#print>
4. Aras M, Tchang BG, Pape J. Obesity and Diabetes. Nurs Clin North Am. 2021 Dec;56(4):527-541. doi: 10.1016/j.cnur.2021.07.008. PMID: 34749892