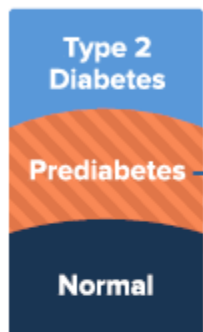


Pre-Diabetes in Mississippi 2021

BLOOD SUGAR



With prediabetes, your **blood sugar levels are higher than normal**, but not high enough yet to be diagnosed as type 2 diabetes

PREDIABETES RISKS

Prediabetes increases your risk of:



Type 2 Diabetes



Heart Disease



Stroke

TYPE 2 DIABETES HEALTH RISKS

If you ignore prediabetes, your risk for type 2 diabetes goes up — **type 2 diabetes increases your risk for serious health complications:**



Blindness



Kidney Failure



Heart Disease



Stroke



Loss of toes, feet, or legs

Pre-Diabetes - Statistics

- About **96 million** American adults- more than 1 in 3- have prediabetes.
- More than **8 in 10** adults with prediabetes **don't know they have it**.
- In 2021, approximately, **206,500** people in Mississippi had pre-diabetes which is **11.3%**. (USA Pre-Diabetes prevalence, 2021: 11.8%).
- 10.5% of males and 12.1% of females reported being pre-diabetic during 2021.
- An estimated **21,000** people in MS are diagnosed with diabetes every year.
- During the past three years, only **46.7%** of adults in MS had a test for high blood sugar.
- As of 2021, the Mississippi diabetes prevalence rate **ranked second** in the nation at **15.2 %**.
- In 2021, MS recorded the highest-ever diabetes mortality rate of **42.1 per 100,000**.

Fig. 1. Diabetes and Prediabetes % USA vs MS, 2021

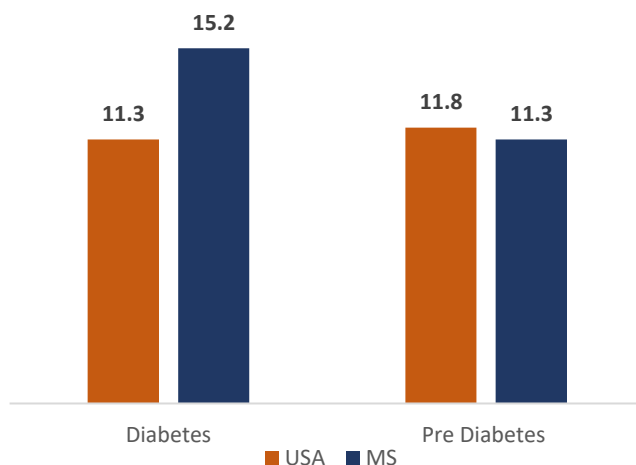


Fig. 2. Pre-Diabetes% by Age in MS, 2021

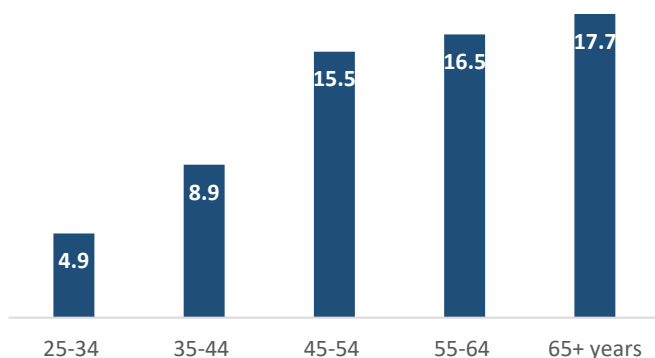
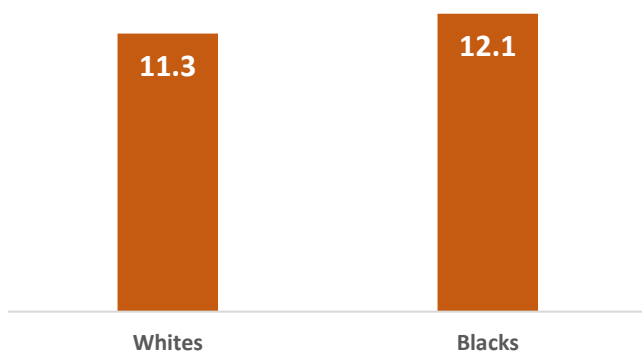


Fig. 3. Pre-diabetes % by Race, MS 2021



The percentage of adults with pre-diabetes increased gradually with age (Fig. 2), 17.7% of individuals aged 65+ years reported being pre-diabetic in 2021. Individuals with some post-high school education (9.4%) had the lowest pre-diabetes rate compared to any other group, the highest being less than high school education (17.8%), Fig 4. Pre-diabetes percentage was highest (16.5%) among individuals making \$15,000 to \$24,900 annually when compared to any other group, (Fig.5). Individuals making \$25,000 to \$34,900 annually had the lowest pre-diabetes rate among all income groups

Fig. 4. Pre-diabetes % by Education level, MS 2021

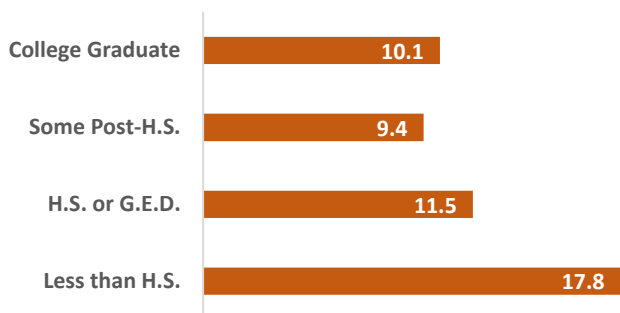
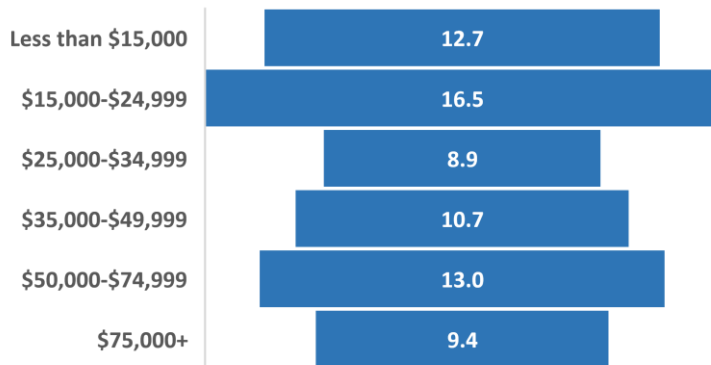



Fig. 5. Pre-Diabetes % by Income level, MS 2021



YOU CAN PREVENT TYPE 2 DIABETES





Find out if you have prediabetes— See your doctor to get your blood sugar tested




Join a CDC-recognized diabetes prevention program

- ✓ Eat healthy
- ✓ Be more active
- ✓ Lose weight







The Diabetes Control and Prevention Program (DPCP, MSDH), is partnering with the CDC-led National Diabetes Prevention Program (National DPP) working collectively to build the infrastructure for statewide delivery of an evidence-based lifestyle change program for adults with prediabetes to prevent or delay onset of type 2 diabetes in the state of MS. If you are diagnosed with diabetes or prediabetes, MSDH is here to help.

For more details on the National DPP programs, call 844-367-2566 to find a program in your area or visit www.HealthyMS.com/Freedom.

References:

1. CDC, Mississippi Behavioral Risk Factor Surveillance System, 2021
2. Prediabetes - Your Chance to Prevent Type 2 Diabetes | CDC