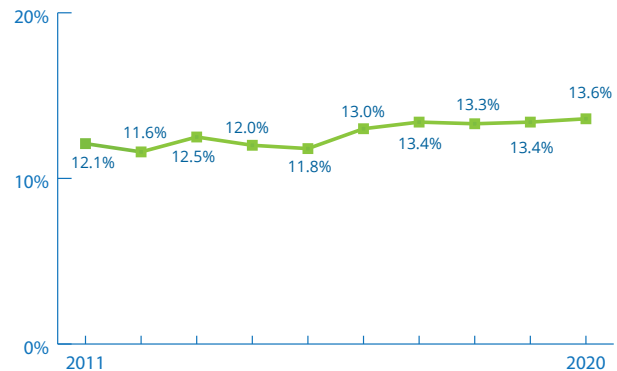


Diabetes Impact

IN SOUTH CAROLINA

Since 2011, diabetes prevalence among adults has **increased from 12.1% to 13.6%** in 2020. Diagnosed prediabetes has increased from 6.7% in 2011 to 10.9% in 2018.



People with Diabetes

- South Carolina had the 6th highest prevalence of diabetes among adults in the nation in 2020. One in seven adults has diabetes, or approximately 556,000 adults in South Carolina.
- Approximately one in five African-Americans has diabetes, compared to one in eight white adults.
- One in five adults with less than \$15,000 annual household income has diabetes.
- One in four over the age of 65 has diabetes in South Carolina. Additionally, one in six has diagnosed prediabetes in this growing age group. Prediabetes is a condition where one's blood sugar level is higher than normal, but not high enough for a diagnosis of diabetes.

Diabetes is the 8th leading cause of death in South Carolina. In 2020, 1,943 people died from diabetes, more than five deaths every day.

African American residents had more than two times a higher death rate compared to white residents (age-adjusted).

Risk and Complications

More than **Two-thirds of adults** in South Carolina are overweight or obese. **Four out of five** people with diabetes in South Carolina are overweight or obese.



Seven out of 10 people with diabetes have hypertension.



Two out of three people with diabetes have high cholesterol.



One out of two people with diabetes have not taken a diabetes self-management class.



New cases of end-stage renal disease among those with diabetes have increased from 1,963 in 2009 to 2,374 in 2018.

Hospitalization and Costs

More than \$771,000,000

In approximately 32,000 hospitalizations and emergency department visits for diabetes in South Carolina from 2019

\$5,890,000,000

The cost of care for South Carolinian adults with Diabetes in 2017
(Source: American Diabetes Association)

\$16,750

The average annual medical expenditures by people with diabetes in 2017
(Source: American Diabetes Association)

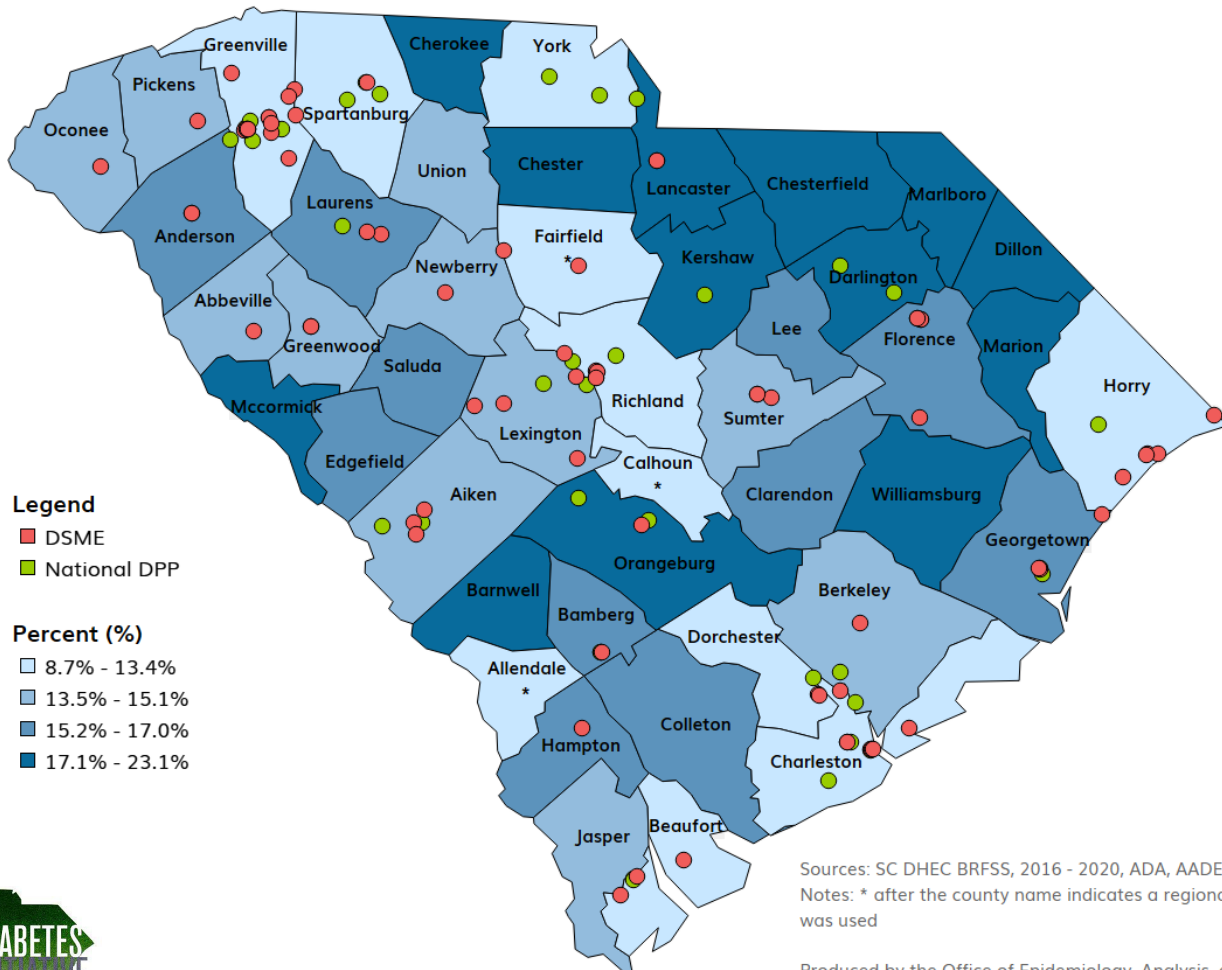
Diabetes Initiatives Statewide

Over **7,700** people participated in Diabetes Prevention Programs (DPP).

Diabetes Self-Management Education Support (DSMES) programs teach participants the skills to better manage their diabetes, and currently there are **52 programs**.

Participation in these lifestyle change programs can reduce their risk of developing diabetes by **58%**.

Prevalence of Diabetes and Diabetes Resources



Sources: SC DHEC BRFSS, 2016 - 2020, ADA, AADE, and CDC.
Notes: * after the county name indicates a regional estimate was used

Produced by the Office of Epidemiology, Analysis, and Data Visualization.

