DIABETES MELLITUS FACT SHEET 2013

SACRAMENTO COUNTY

Diabetes Mellitus is a serious health condition and a major risk factor for heart disease and stroke. Uncontrolled diabetes can lead to significant disability, including blindness, amputation and kidney failure. The number of people with diabetes is increasing at an alarming rate in the United States and has become one of the most challenging public health problems. Cases of diabetes have increased over the last four years (29.1 million people or 9.3% of the U.S. population in 2012 vs 25.8 million in 2010). If current trends continue, as many as one out of every three U.S. adults will have diabetes by the year 2050. This report includes information of the latest diabetes statistics of Sacramento County and California.

Data Source: Centers for Disease Control and Prevention, 2012

Diabetes Deaths

The number of deaths due to diabetes in Sacramento County has increased by 45.0% from 251 deaths in 2004 to 364 deaths in 2013 [Graph 1]. In 2011, the County diabetes death rate surpassed the State rate. While the State rate has stabilized, the County rate has continued to increase since 2011.

Table 1 shows diabetes death rates for males and females by select race/ethnicity in the County in 2013. Diabetes death rates were higher for males compared to females for all racial/ethnic groups except for Hispanics. Black males had the highest rate of diabetes death (58.7), followed by Asian males (41.8). Among females, Hispanics had the highest rate (36.1) whereas Whites (14.1) and Asians (14.9) had the lowest rates.

Preventable Diabetes Hospitalizations

Table 2 shows the numbers and rates of preventable hospitalizations in the County and State due to diabetes-related complications. Short-term complications (STC) include ketoacidosis, hypersmolarity, or coma. The County rate for STC for pediatric cases was nearly twice the State rate, and the adult rate was about 1.4 times higher. Long-term complications (LTC) include eye, renal, neurological or circulatory complications. The County LTC rate was higher than the STC rate and was similar to the State overall.

Graph 1: Age-Adjusted Diabetes Mellitus Death Rates, Sacramento County vs. California, 2004-2013

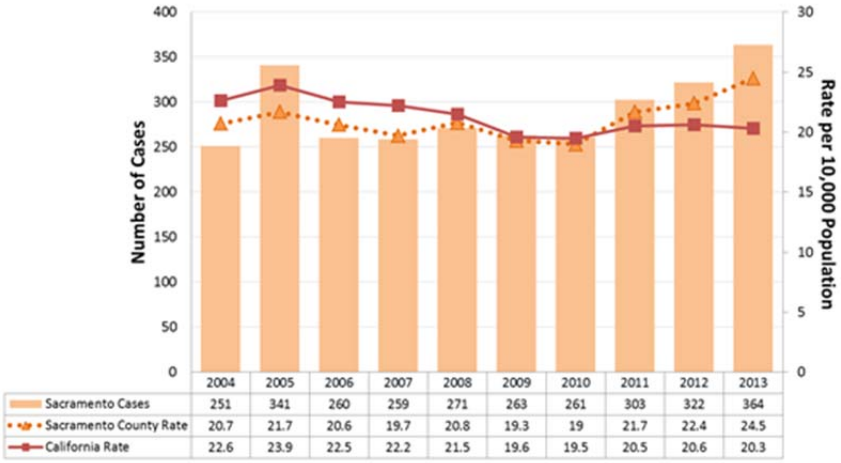

Table 1: Diabetes Mellitus Death Rates by Gender and Select Race/Ethnicity, Sacramento County, 2013

Race/Ethnicity	Male		Female	
	Number	Rate	Number	Rate
Asian	36	41.8	17	14.9
Black	32	58.7	40	16.4
Hispanic	21	28.7	29	36.1
White	97	23.9	79	14.1
Other	8	(--)	5	(--)
Total	**194**	**30.1**	**170**	**20.1**

Table 2: Preventable Diabetes Hospitalizations by Complication Type and Age Group, Sacramento County vs. California, 2013

Type of Complications (Age Group)	Sacramento County		California	
	Number	Rate	Number	Rate
Diabetes Short-Term (Age 6-17)	92	38.9	1416	22.8
Diabetes Short-Term (Age 18+)	880	82.7	16478	58.3
Diabetes Long-Term (Age 18+)	1135	108.6	29824	108.1

Data Sources: California Department of Public Health Vital Statistics Query System; Office of Statewide Health Planning and Development Hospital Discharge data, 2013

Notes: All rates per 10,000 population. Data includes Type 1 and Type 2 diabetes and excludes gestational diabetes.

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