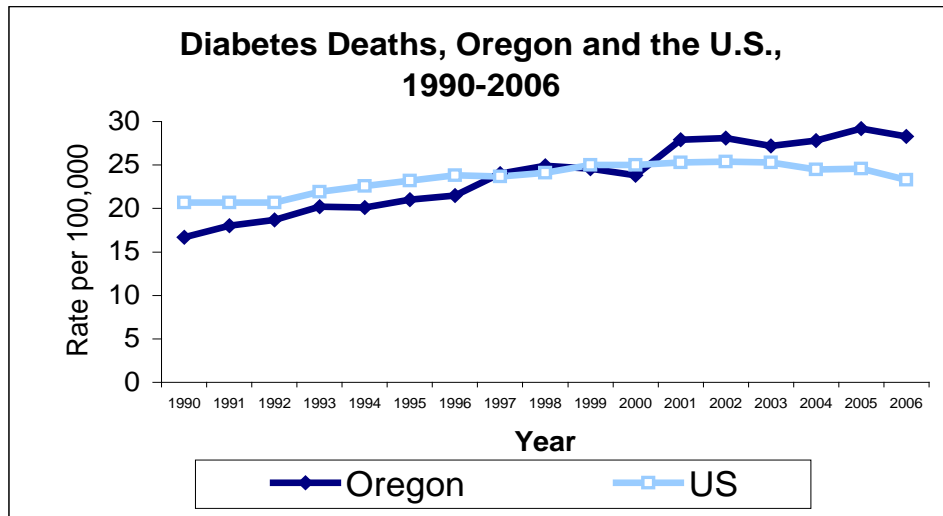


## Diabetes in Oregon



### Diabetes in Oregon

Diabetes is a disease affecting an increasing number of Oregonians. Its hallmark is the inability to move sugar from the bloodstream into tissues so it can be used as fuel. Diabetes causes serious complications such as heart disease, nerve damage, kidney failure, and blindness.

### Who has diabetes?

Among Oregon adults, 6.8 percent have diabetes. It is estimated that 265,000 Oregon adults have diabetes or undiagnosed diabetes.

- Although diabetes is common among all racial and ethnic groups, it is more common among African-Americans, American Indians/Alaska Natives, Asians/Pacific Islanders, and Hispanics.
- Obesity is closely related to Type 2 diabetes – nearly 62 percent of Oregon's adults are overweight or obese and over 23 percent of Oregon's youth are overweight or at risk of being overweight.

### What is the cost of diabetes?

- Diabetes is the sixth leading cause of death in Oregon, and deaths from diabetes are on the rise (see graph).
- In 2007, diabetes cost Oregonians over \$2.1 billion in health expenses and lost productivity.

### Can diabetes be controlled?

- Diabetes can be controlled (or even prevented in those at high risk) through regular physical activity and modest weight loss.
- People with diabetes can often avoid complications by taking good care of themselves and working with their health care provider.
- Access to health care, supplies, and education are important for people with diabetes. In 2008, one in ten Oregonians with diabetes could not afford to see a doctor when needed.
- Healthy environments in schools, workplaces, and the community-at-large that promote easy, affordable access to healthy foods, physical activity and chronic-disease self-management programs assist people in preventing and managing diabetes.

### For more information contact:

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