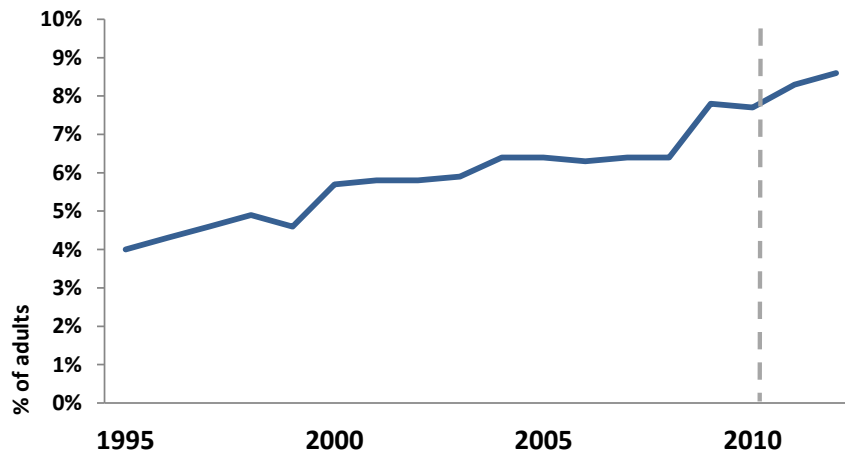


Diabetes in Oregon

Diabetes among Oregon adults, 1995-2012



Note: The vertical dashed line denotes a different weighting method and inclusion of cellular phones in the sample. Estimates are age-adjusted.

Diabetes in Oregon

Diabetes is a disease affecting an increasing number of Oregonians. Diabetes is a chronic metabolic disease in which glucose (sugar) levels in the blood are abnormal. People with Diabetes are 2 to 4 times more likely to have heart disease or a stroke. Diabetes can cause serious complications such as nerve damage, kidney failure, and blindness.

Who has diabetes?

It is estimated that 278,000 adults in Oregon – nearly one in 10 – have diabetes.

- Although diabetes is common among all racial and ethnic groups, it is more common among African-Americans, American Indians/Alaska Natives, and Hispanics.
- Obesity is closely related to Type 2 diabetes. In 2012, 60 percent of adults with diabetes in Oregon were obese.
- An estimated 1 million Oregonians have prediabetes (blood sugar levels higher than normal but not high enough to be considered diabetes) putting them at greater risk for Type 2 diabetes, heart disease, and stroke.

What is the cost of diabetes?

- Diabetes is the seventh leading cause of death in Oregon.

- The total cost of diabetes in Oregon is estimated at nearly \$3 billion per year in medical expenditures and reduced productivity.

How can diabetes be prevented and controlled?

- Create healthy communities that support people in eating better, moving more, and living tobacco-free where they live, learn, and play.
- Increase access to lifestyle change programs such as the National Diabetes Prevention Program to prevent diabetes in those at risk for the disease.
- Help people with diabetes live better by increasing access to chronic disease self-management programs.
- Improve delivery and use of quality clinical services to prevent diabetes, detect it early, and manage risk factors.
- Eliminate disparities among population groups in which diabetes is more common.

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