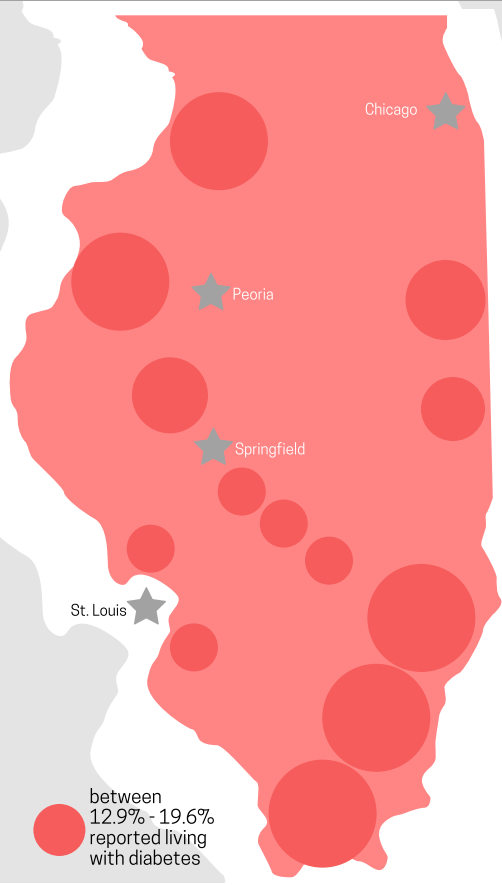


Diabetes Burden Report

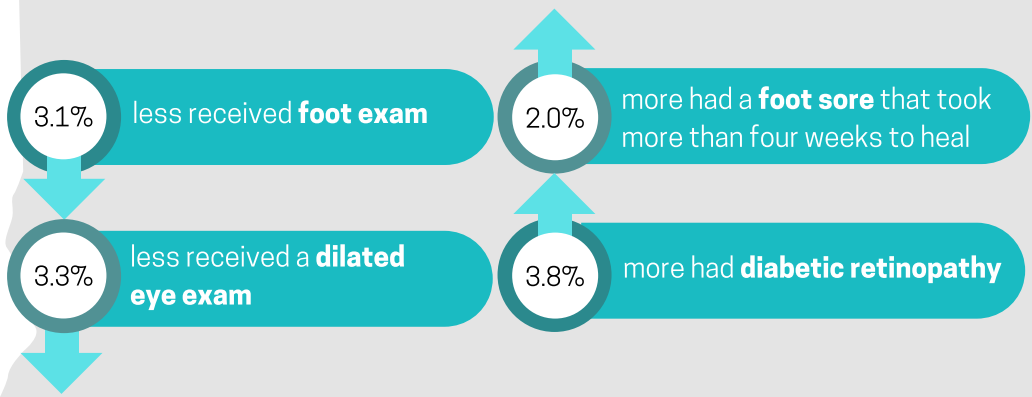
State of Illinois 2021

Geographic Differences: Rural vs. Urban Disparities



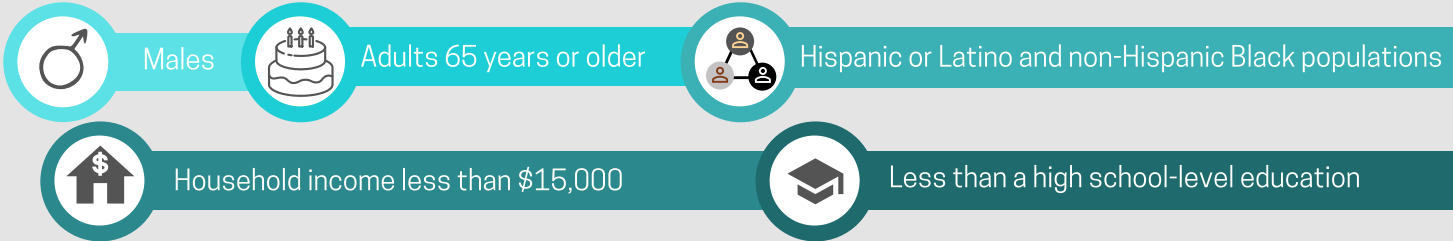
Rural counties predominately make-up rates higher than the state's average (10.5%) of self-reported diabetes.

These increased rates are attributed to **less diabetes-related health care services** and access to **diabetes self-management education (DSME)** programs than urban populations. Some disparities identified include:



Demographic Differences

Certain demographics have **higher prevalence** of a diabetes diagnosis:



Diabetes and COVID-19

Individuals with diabetes who do contract COVID-19 are at a **higher risk** of experiencing **hospitalization** and **death** compared to those without diabetes.

Patients with pre-existing diabetes were

twice

as likely to develop severe/critical COVID-19 illness and nearly

3 times

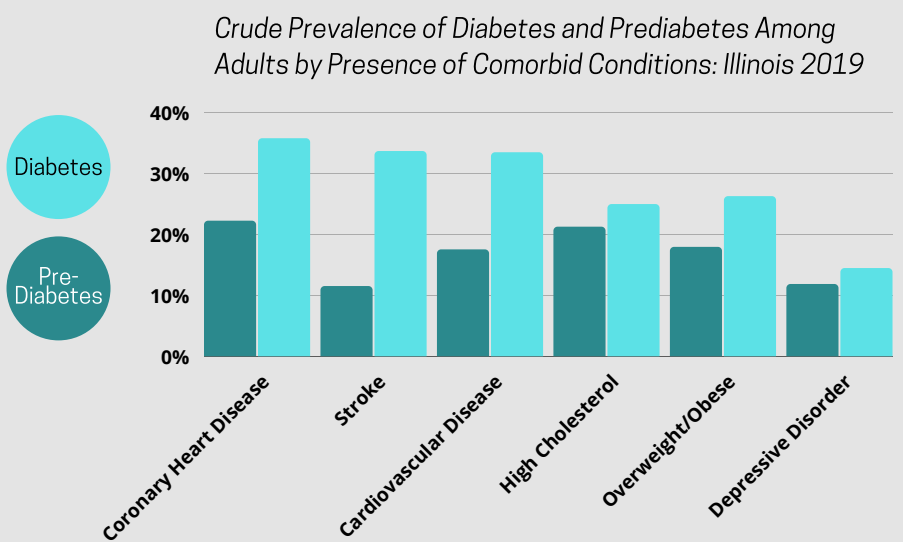
as likely to die in the hospital compared to patients without pre-existing diabetes.

Comorbidities and Health Risks Associated with Diabetes

The majority (97.5%) of patients with diabetes have **at least one** comorbid condition and 88.5% of patients have **at least two** comorbid conditions. Most common include:

CVD Hypertension Overweight/obesity
High cholesterol Chronic kidney disease

The graph below shows the percentage of people who have one of the listed health conditions AND diabetes or pre-diabetes. For example, 33% of people who have had a stroke also have diabetes.



Diabetes Prevention and Management Programs in Illinois

Through the grant, **Improving the Health of Illinoisans through Chronic Disease Prevention**, evidence-based interventions are being implemented with a special focus on populations particularly vulnerable to diabetes, including but not limited to *older adults, Hispanic and non-Hispanic Black populations, and rural communities*. Focus areas include:

Virtual programs promoting diabetes prevention and self-management.

Enhanced training and engagement of **licensed pharmacists** and **community health workers**.

Medicare Diabetes Prevention Program (DPP) expanded model that aims to prevent the onset of diabetes among **Medicare beneficiaries**.

Target **employer-based coverage** of the National DPP.