

DIABETES IN WYOMING

Fact Sheet

FAST FACTS

Diabetes affects approximately 9.1% of Wyoming adults; and prediabetes 6.4%.

Approximately 0.38% of Wyoming public school children have diabetes.

Diabetes cost Wyoming approximately \$360 million in 2012.

SIGNS AND SYMPTOMS

- Urinating often
- Feeling very thirsty
- Feeling very hungry, even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss, even though you are eating more (type 1)
- Tingling, pain, or numbness in hands/feet (type 2)

PREVENTING DIABETES

- Know your risk factors
- Be physically active
- Eat more fruits and vegetables
- Eat more complex carbohydrates such as whole grain bread and pasta; and less refined grains like white/enriched bread and pasta
- Engage in clinical preventive care
- Manage blood pressure and cholesterol
- Quit tobacco (quitwyo.org)

WHAT IS DIABETES?

Diabetes is a group of diseases where problems in the body's ability to produce and/or use insulin (a hormone needed to convert sugar into energy) cause high blood sugar.

Type 1 diabetes is usually diagnosed in children and young adults. It occurs when the body does not produce insulin.

Type 2 diabetes occurs when the body does not use insulin properly, which is often called insulin resistance. Type 2 diabetes is the most common form of diabetes.

Gestational diabetes is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes usually disappears when a pregnancy is over.

Prediabetes occurs when blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can put people at higher risk of developing type 2 diabetes without lifestyle changes.

WHAT ARE RISK FACTORS AND COMPLICATIONS?

Risk factors include age, race, family history, being overweight or obese, having high blood pressure and/or high cholesterol, smoking, poor nutrition, and lack of physical activity.

Diabetes can lead to many **complications**. Some of the most common are heart disease and stroke, high blood pressure, eye problems, kidney disease, nerve damage, and non-traumatic lower-limb amputations.



Commit to your health.

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REFERENCES

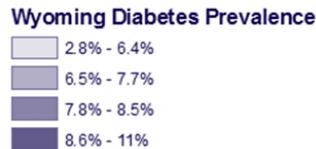
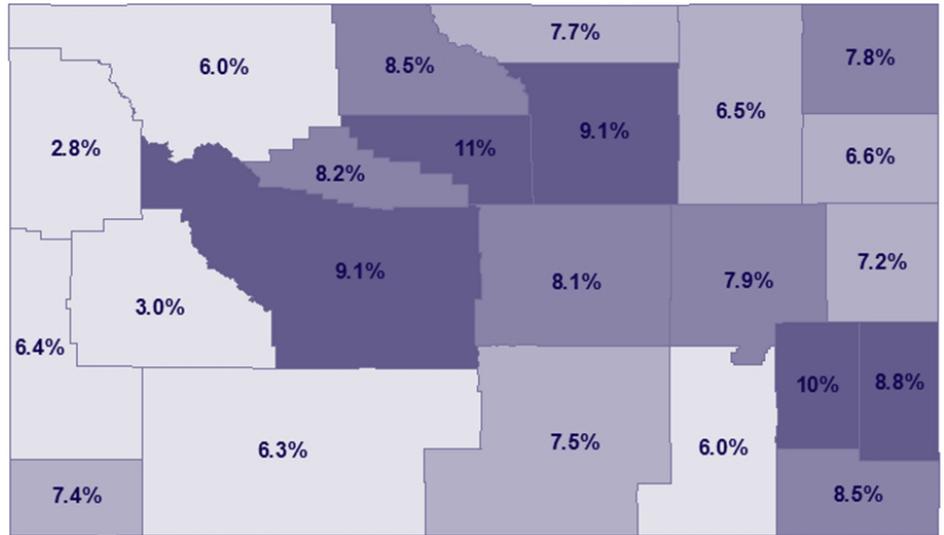
- Behavioral Risk Factor Surveillance System (BRFSS)
- 2007-2008 Wyoming School Nurse Survey
- American Diabetes Association
- Centers for Disease Control and Prevention

RESOURCES AND DATA

- Behavioral Risk Factor Surveillance System (BRFSS): health.wyo.gov/brfss
- American Diabetes Association (ADA), Economic Costs of Diabetes in the U.S. in 2012: professional.diabetes.org
- ADA, Diabetes Basics: diabetes.org/basics
- CDC, Diabetes Public Health Resource: cdc.gov/diabetes
- Barbara Davis Center for Childhood Diabetes: barbaradaviscenter.org
- Wyoming Quit Tobacco Program: quitwyo.org

ADULT DIABETES BY COUNTY

Diabetes Prevalence by County, Wyoming 2007-2011



PROGRAM INFORMATION

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