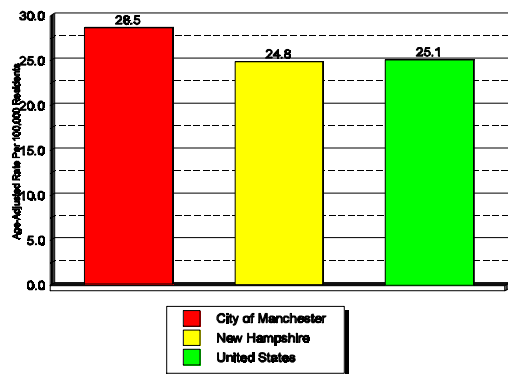




City of Manchester Department of Health DIABETES DISEASE REPORT CARD

Deaths Due to Diabetes (as the Underlying Cause of Death) Age-Adjusted Mortality Rates Per 100,000 Residents Manchester, New Hampshire and the United States, 1999-2001



HEALTHY PEOPLE 2010 OBJECTIVE: Prevent diabetes, reduce the diabetes death rate by 40% and reduce diabetes-related deaths among persons with diabetes by 11%.

Chronic diseases such as diabetes reflect the very social fabric of our community. Because of the growing burden of chronic, preventable diseases such as diabetes, the health of our community falls short of its true potential. Three percent of Manchester adults report ever being told by a physician that they had diabetes.⁶ The percent of people who actually have diabetes is likely to be much greater than this, since many people are unaware of having the disease.² Similarly, slightly more than 3 percent of all Manchester deaths are directly attributed to diabetes.⁷ The death rate from diabetes in Manchester exceeds that for the State and for the United States. Since diabetes tends to be under-reported on death certificates, the true contribution of diabetes to death is likely to be considerably greater than the numbers shown above. Acute care facilities are being increasingly utilized for treatment of diabetes-related conditions. For example, between 1997 and 2002, among residents of Manchester, the number of hospitalizations owing to diabetes increased by 64 percent, and the number of emergency department visits increased by 42 percent.

Diabetes undermines health, shortens life expectancy, and causes considerable suffering and disability. Poorly controlled diabetes damages blood vessels—large and small—throughout the body. In so doing, it can contribute to heart disease, stroke, dementia, kidney disease, poor wound healing, limb amputation, blindness, and nerve damage. Two of the most significant—and modifiable—risk factors for diabetes, excess weight and sedentary lifestyle, are not uncommon in Manchester. Seventeen percent of Manchester adults do not exercise even 10 minutes per week, and nearly the same percent of high school students do not exercise even 20 minutes per week.^{6,8} Well over half, 58 percent, of Manchester adults and Manchester first-graders are overweight or obese.^{6,9} The coupled trends of an increasing prevalence of overweight/obesity and a growing aging segment of our population portend a worsening of the diabetes epidemic to come.

Number of Hospitalization and Emergency Room (ER) Visits for Diabetes Manchester Residents, 1997-2002

	1997	1998	1999	2000	2001	2002
Hospitalizations for Diabetes	42	48	51	57	62	69
ER Visits for Diabetes	89	97	108	91	91	126

WHO PAYS? The financial costs related to diabetes are sobering. For the year 2003, the U.S. costs were estimated to exceed 130 billion dollars.¹⁰ This number includes both direct medical costs (e.g., the cost of treating diabetes and conditions resulting from diabetes) and indirect economic costs (e.g., costs related to lost productivity due to illness or death).



WHAT WORKS? RECOMMENDATIONS FOR THE COMMUNITY:

- Support Community, School, and Workplace Efforts** to promote physical activity and healthy lifestyle choices for children, students, adults, and the elderly.
- Ensure Access to Quality Health Care for Everyone**, including ethnic minorities, the elderly and the economically disadvantaged, who are more at risk for developing diabetes and diabetes-related complications.
- Advocate for Greater Local, State, and Federal Attention and Resources** to be invested in and dedicated to promoting healthy lifestyles that could prevent chronic diseases such as diabetes.
- Employ Evidence-based Programs.** Enable the systematic application of programs proven to prevent the onset or the progression of diabetes within health care settings. Collaborate with organizations to provide evidence-based interventions, such as diabetes self-management skills, in the community setting.
- Advocate for Healthy Food Choices in Schools.** Provide only healthy options for school lunch. Change school vending machine policies to provide only healthy food and beverage choices.

RECOMMENDATIONS FOR THE INDIVIDUAL:

- Adopt a Healthy Lifestyle.** Maintain a healthy weight, get regular physical activity, and eat a healthful diet. Being overweight is a risk factor for developing diabetes. If you are overweight, you can decrease your risk of developing diabetes even by modest weight loss (5-7 percent of total body weight) through consistent healthy eating and regular physical activity, such as walking, most days of the week.¹¹
- Know Your Risk Factors for Diabetes**, including your height and weight, history of diabetes during pregnancy, and family history of diabetes. Discuss the need to be screened for diabetes with your primary care physician.
- Follow Up with Your Health Care Provider Regularly**, if you do have diabetes.
- Practice Self-management Skills**, if you do have diabetes. Monitor your blood sugars, adhere to dietary recommendations, and exercise regularly to help control your disease.



FOR MORE INFORMATION ON HOW TO IMPROVE DIABETES IN THE MANCHESTER COMMUNITY, PLEASE CONTACT:

- ✓ American Diabetes Association, Manchester, NH Office (603) 627-9579
- ✓ NH Minority Health Coalition REACH 2010 Initiative (603) 627-7703