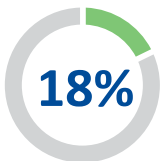
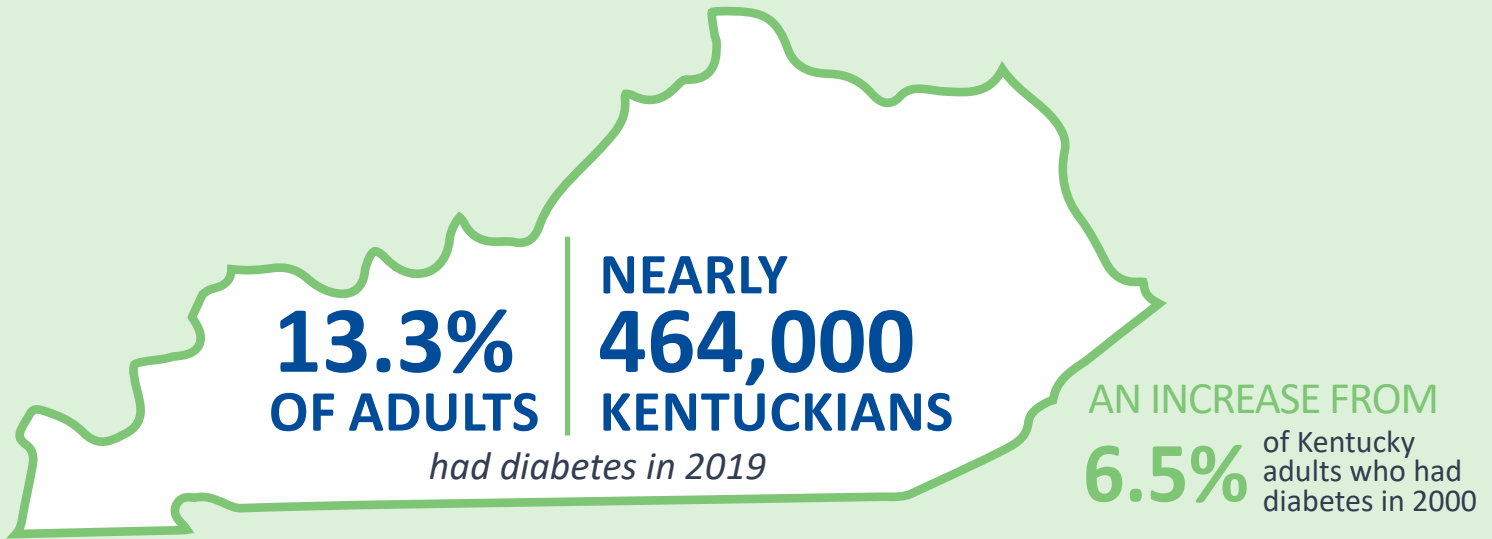


# DIABETES IN KENTUCKY

## A PUBLIC HEALTH EPIDEMIC | 2021

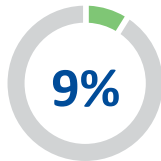
DIABETES IS COMMON IN KENTUCKY.



### MEDICAID

adult\* members  
had a diagnosis of  
diabetes in 2019

*This difference in prevalence suggests a health disparity due to income.*



### KEHP

adult\* members  
had a diagnosis of  
diabetes in 2019



**2,864** children under the age of 19  
covered by Medicaid

**282** children 17 years and younger covered  
by Kentucky Employees' Health Plan

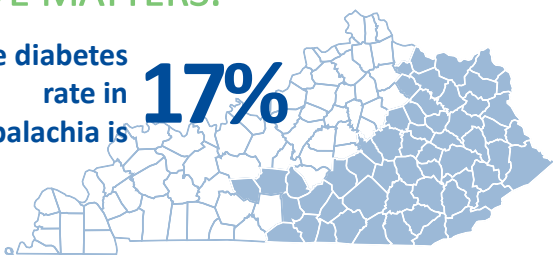
## HAVE A DIABETES DIAGNOSIS

\* Adults are defined as individuals over the age of 19 for Medicaid and individuals 18 years and older for Kentucky Employees' Health Plan (KEHP)

### WHERE YOU LIVE MATTERS.

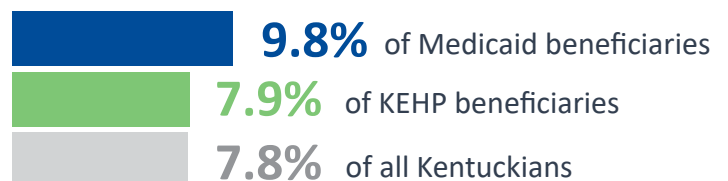
The diabetes  
rate in  
Appalachia is

**17%**



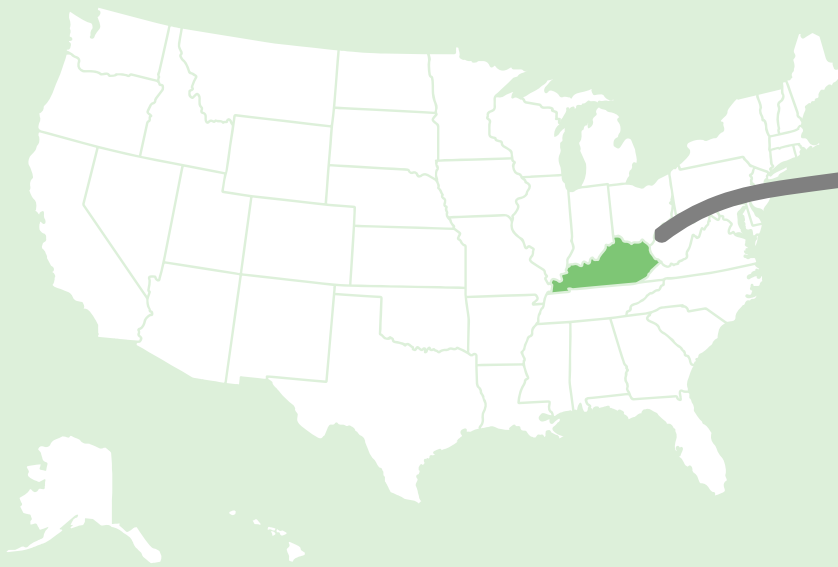
*compared to 12% in non-Appalachia Kentucky.*

### DIABETES IS COMMON DURING PREGNANCY.



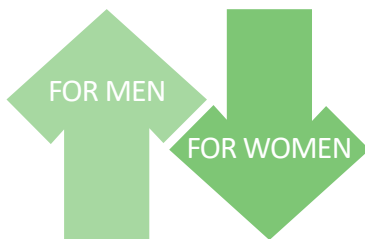
*who gave birth in 2019*

# DIABETES IS SERIOUS.



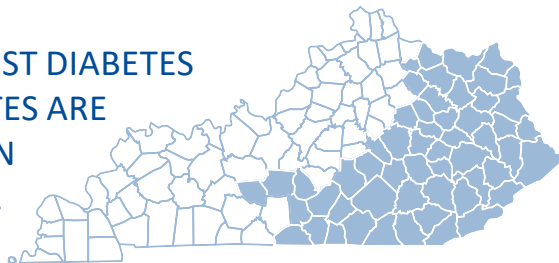
KENTUCKY HAS THE  
**4<sup>TH</sup> HIGHEST**  
MORTALITY RATE IN  
THE U.S.

SINCE 2001,  
DIABETES  
MORTALITY  
RATES HAVE



Death Rates are substantially  
**HIGHER** FOR AFRICAN-  
AMERICANS  
than for white Kentuckians.

THE HIGHEST DIABETES  
DEATH RATES ARE  
IN EASTERN  
KENTUCKY.



**10,462 Kentuckians**

visited the emergency department a total of **16,497 times** for diabetes in 2019.

**8,270** KENTUCKIANS HAD AT LEAST ONE HOSPITAL STAY FOR DIABETES IN 2019.

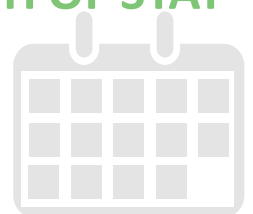


Diabetes was the  
primary diagnosis for

**11,545**  
HOSPITALIZATIONS  
in 2019.

AVERAGE LENGTH OF STAY

**5 DAYS**



# DIABETES IS COSTLY.

*Second most costly common chronic disease*

## KENTUCKY MEDICAID

**\$129 MILLION**

for all diabetes non-prescription claims in 2019



*One of the top costly chronic conditions for active and early retirees*

## KEHP

**\$216 MILLION**

for combined medical and prescription drug costs in 2019

Emergency department visits resulted in billed charges of approximately

**\$92 MILLION**

EACH INPATIENT STAY HAD AN

## AVERAGE CHARGE

OF

**\$39,262**

*resulting in*



## TOTAL CHARGES

OF MORE THAN

**\$453 MILLION**

(\$453,274,627 to be exact.)

## DIABETES IS MANAGEABLE AND CAN BE PREVENTABLE (TYPE 2).

- Much of diabetes-related sickness and death can be prevented, delayed or reduced.
- Structured lifestyle change programs such as the National Diabetes Prevention Program have been proven to prevent or delay type 2 diabetes in adults with prediabetes through good nutrition, physical activity, and a 5% to 10% weight loss.
- Quality care from health care teams is critical to reduce risks for diabetes-related complications. This can include:
  - Aggressive treatment to manage A1C, blood pressure, and cholesterol
  - Smoking cessation promotion
- Diabetes self-management education and support, appropriate self-care and other risk reduction, and behavior change strategies are also critical to manage diabetes and avoid complications.

Information comes from the 2021 Kentucky Diabetes Report, a collaboration between the KY Department for Medicaid Services, KY Department for Public Health, Office of Health Data and Analytics, Department of Employee Insurance, on behalf of the Kentucky Cabinet for Health and Family Services and Kentucky Personnel Cabinet. To view the latest Kentucky Diabetes Report, visit <https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx>



**Kentucky Public Health**  
Prevent. Promote. Protect.

