

Diabetes Information in Champaign County

WHAT IS DIABETES?

Type 1: An autoimmune reaction in which your body **stops producing insulin**. Usually starts during childhood, teenage years, or as a young adult, but can happen at any age. ~5-10% of cases.

Type 2: Your body **does not use insulin well** and cannot regulate blood sugar at normal levels. ~90-95% of cases

DIABETES SYMPTOMS / RISK FACTORS

Type 1: Can develop in a few weeks or months. Symptoms include **nausea, vomiting, or stomach pains**

Type 2: Often takes several years to develop. Risk factors include being overweight, over 45 years of age, having a relative with type 2 diabetes, and [more](#).

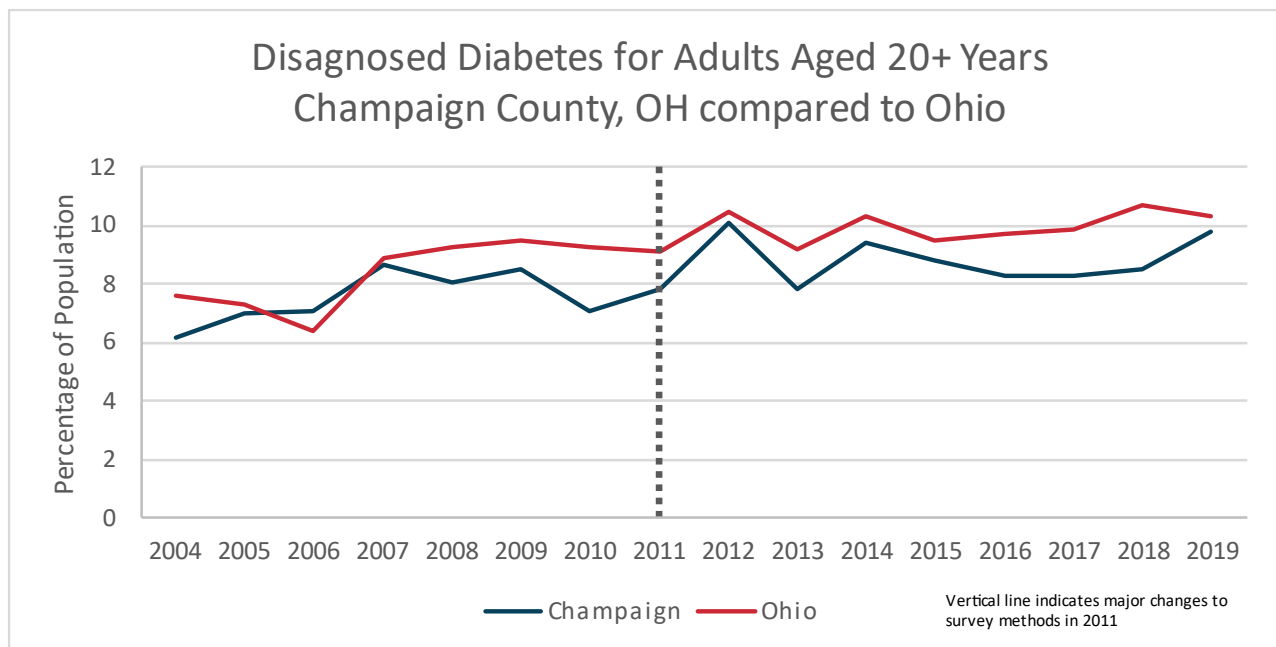


Figure 1 Diagnosed Diabetes Champaign County vs Ohio, United States Diabetes Surveillance System

Champaign County has slightly lower percentages of diagnosed diabetes compared to the state of Ohio. The vertical line in 2011 indicates a major change to survey methods.

Fast Facts

- Within the United States, more than 37 million people have diabetes and 96 million have prediabetes
- Diabetes is the 7th leading cause of death in the US
- The number of adults diagnosed with diabetes has more than doubled as the American population has gotten older and become more overweight or obese

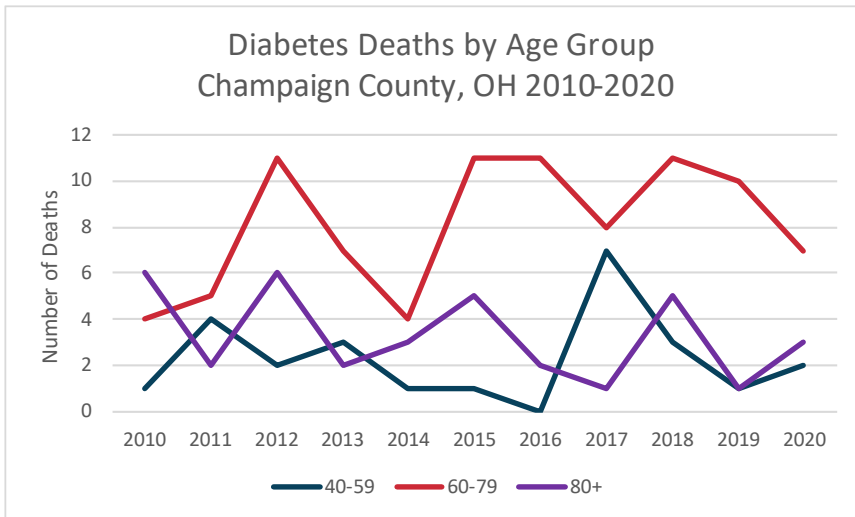


Figure 2 Age-Adjusted Diabetes Deaths, Champaign County, 2010-2020

Between 2010-2020, there were 153 diabetes related deaths in Champaign County.

The average age of death related to diabetes is 69.8. Due to low counts in some age groups, age groups were combined. The 40-59 and 60-79 age groups have seen an overall increase in number of deaths, while the 80+ age group has seen a decrease.

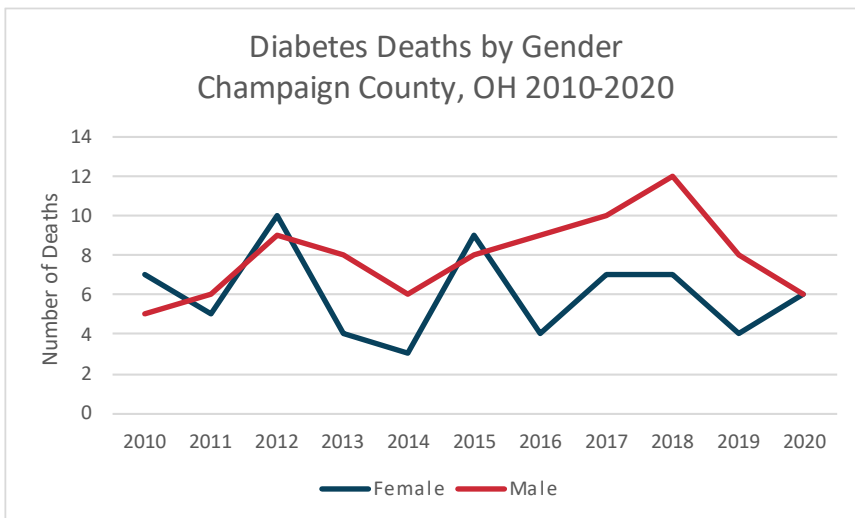


Figure 3 Diabetes Deaths by Gender, Champaign County, 2010-2020

Female residents of Champaign County have had fluctuations in diabetes deaths with peaks in 2012 (10 deaths) and 2015 (9 deaths); overall, there has been a slight decrease in number of deaths. Male residents have seen a gradual increase in diabetes deaths with a peak in 2018 (12 deaths); overall, there has been a slight increase in number of deaths (Figure 3).