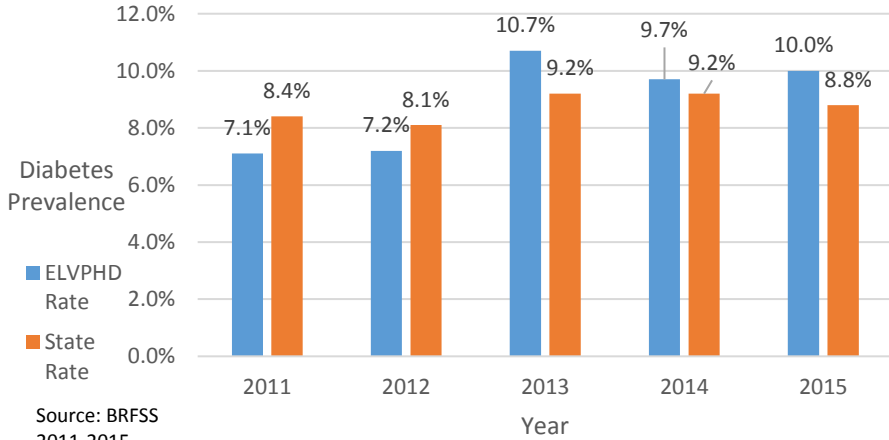


DIABETES HEALTH PROFILE 2017

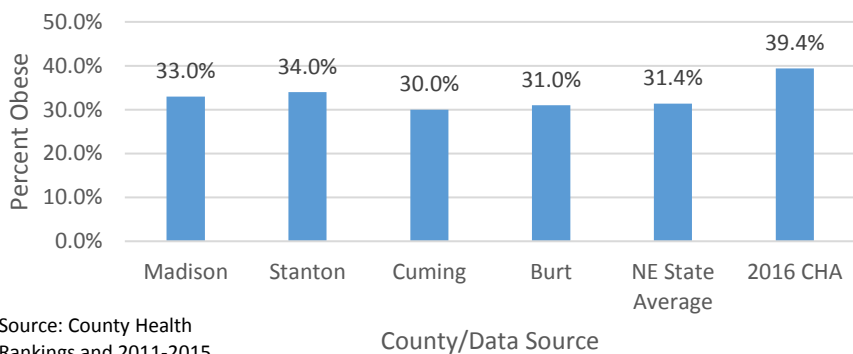


Diabetes Prevalence Among Total Population



Diabetes rates in Nebraska have stayed nearly the same since 2011 with only slight fluctuations. Since 2013 there has been a slight increase in the rate of diabetes. This trend is the same for ELVPHD's service area: Madison, Stanton, Cuming, and Burt Counties. The diabetes rate in these counties is now higher than the statewide average.

Obesity Rate



Obesity is one of the most significant risk factors for developing type 2 diabetes. All four counties in the ELVPHD service area have diabetes prevalence near the state average of 31.4%. The 2016 CHA survey reported a higher prevalence at 39.4% obese which could be due to the demographics of the survey. These all show that about one of every three adults are obese, and therefore at an increased risk of developing diabetes.

Why it Matters:

Diabetes is the seventh-leading cause of death among Americans and can cause other complications such as hypertension, kidney disease, heart attacks, and stroke. In 2015, 84 million Americans were diagnosed with pre-diabetes, meaning they are at an increased risk of developing type 2 diabetes.*

Elkhorn Logan Valley Public Health Department's (ELVPHD) 2016 Community Health Assessment surveyed 1,480 people from our area. In this survey, 8.9% of people had been told that they had diabetes. This survey also ranked Diabetes as the 5th health-issue concern in our communities.

*Source: American Diabetes Association Website, 2017

What ELVPHD is doing:

ELVPHD's National Diabetes Prevention Program/NDPP sessions (called Healthy Lifestyles classes locally) offers evidence-based, 16-week classes to those at risk for developing diabetes. Three of ELVPHD's staff are trained instructors, and other instructors from various organizations have been certified to teach NDPP in the area. Since 2014, 62 people have enrolled in and completed the program. On average, participants lost at least 4.8% of their body weight resulting in an average weight loss of 10 lbs per person. A primary goal NDPP is for individuals to lose at least 7% of their body weight. Of the 62 participants from 2014-2017, 33.8% lost at least 7% during the core 16-weeks and a total of 622 pounds was lost. A unique feature of this program is extended follow-up with the individuals for up to a year after the initial enrollment and core program completion.

In addition to the NDPP classes, ELVPHD also focuses on obesity prevention through the Minority Health Initiative's Eating Smart and Being Active program. This evidence-based program is an 8-session core program (with biannual follow-up) and focuses on reaching minority individuals. ELVPHD presents the program via a bilingual (English/Spanish) health educator in order to provide the services in the preferred language of the target audience.