

## Information for Action # 2011- 4

Dual epidemics of diabetes and obesity are on the rise among New York State adults.

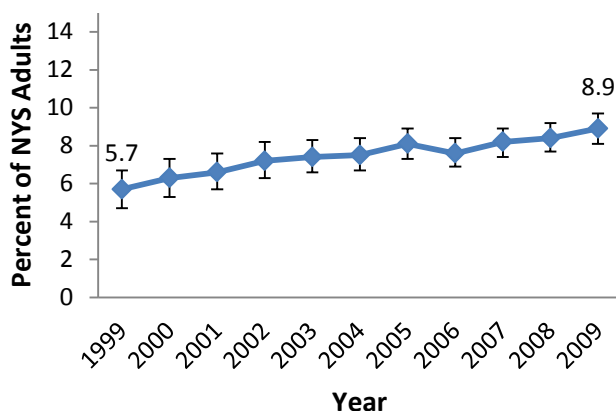
### Quick facts:

- Between 1999 and 2009, the prevalence of diagnosed diabetes in adults in New York State (NYS) increased from 5.7% to 8.9% (see Figure 1). During the same years, the prevalence of obesity in adults increased from 17.4% to 24.6% (see Figure 2). Because obesity is a leading risk factor for diabetes,<sup>1</sup> the increase in obesity prevalence translates to nearly one million additional New Yorkers being at higher risk for developing diabetes.<sup>2</sup>

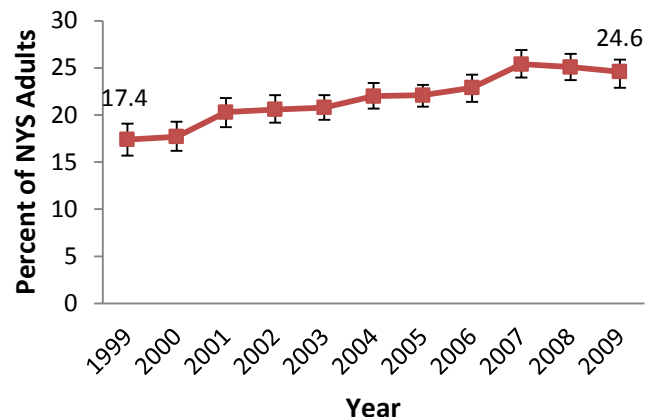
### Public health importance:

- The total cost of diabetes in NYS was estimated at \$12.9 billion in 2007, including \$8.7 billion in diabetes-related medical expenditures and \$4.2 billion attributed to lost productivity costs.<sup>3</sup>
- NYS ranks second among states in adult obesity-related medical expenditures, with total spending estimated at nearly \$7.6 billion.<sup>4</sup>
- The risk of developing diabetes can be reduced by 58% in adults diagnosed with pre-diabetes through programs that modify eating and physical activity, helping adults achieve and maintain modest weight loss (5-7%).<sup>5</sup>
- Launched in 2008, the *Prevention Agenda Toward the Healthiest State* established a goal of reducing the prevalence of diagnosed diabetes and obesity among adult in NYS to 5.7% and 15.0%, respectively, by 2013.<sup>6</sup>

**Figure 1. Percentage of NYS adults with diabetes, 1999-2009**



**Figure 2. Percentage of NYS adults with obesity, 1999-2009**



Data Source: NYS Behavioral Risk Factor Surveillance System, 1999-2009

### PUBLIC HEALTH OPPORTUNITY

Public health initiatives that aim to modify eating habits and increase physical activity among adults who are obese and at risk for diabetes can help slow the increasing incidence of diabetes and associated medical costs.

### Contact:

For more information about the data included and their specific implications for action, please send an email to [DCDIPIFA@health.state.ny.us](mailto:DCDIPIFA@health.state.ny.us) with the IFA # 4 in the subject line.

### References:

1. Ford ES, Williamson DF, Liu S. Weight change and diabetes incidence: findings from a national cohort of US adults. *Am J Epidemiol* 1997; 146(3):214-22.
2. New York State Behavioral Risk Factor Surveillance System, 2009
3. American Diabetes Association. Diabetes Cost Calculator. Available at: <http://www.diabetesarchive.net/advocacy-and-legalresources/cost-of-diabetes.jsp>
4. Office of the State Comptroller. Preventing and reducing childhood obesity in New York. Oct 2008; 1-4.
5. The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002; 346(6): 393-403.
6. New York State Department of Health: *Prevention Agenda Toward the Healthiest State*: [http://www.health.state.ny.us/prevention/prevention\\_agenda/chronic\\_disease/diabetes.htm](http://www.health.state.ny.us/prevention/prevention_agenda/chronic_disease/diabetes.htm)