

Focus On...Diabetes

- Sarasota -

More than **1 in 3** American adults have prediabetes. Of those, more than **84%** don't know they have it.¹



6% of Sarasota County adults 20+ were diagnosed with Diabetes in 2016.²

This compares to the state rate of 9.8%



Men are more likely to be diagnosed with Diabetes than women²

7.0% of men were diagnosed with Diabetes

Vs.

5.4% of women were diagnosed with Diabetes



\$843,899,757³

In 2019, 9,815 Sarasota County residents went to the hospital due to Diabetes. This resulted in a total of **\$843,899,757** in hospital charges.



Diabetes is the 8th most common cause of death in Sarasota County⁴

In 2019, 102 Sarasota County residents died because of Diabetes.

For more information please visit our website [Hpcswf.com/health-planning/fact-sheet/](https://hpcswf.com/health-planning/fact-sheet/)

¹ Centers of Disease Control and Prevention ² United States Diabetes Surveillance System, Division of Diabetes Translation, CDC ³ AHCA via Broward Regional Health Planning Council Hospital Inpatient and Emergency Department Analytical System ⁴ Florida Department of Health, Bureau of Vital Statistics

Focus On...Diabetes

HPC encourages you to think about next steps related to diabetes in Southwest Florida. Diabetes can be prevented amongst those who do not have diabetes or who have prediabetes. Diabetes management and education can improve the health and wellbeing of people with diabetes. Anyone can get involved and/or learn more.

Diabetes Prevention

Fact Sheets about Diabetes Prevention

- [Cdc.gov/Diabetes](https://www.cdc.gov/diabetes/)
- From the Centers of Disease Control and Prevention (CDC)

Find CDC Recognized Diabetes Prevention Programs in Your Area

- [Nccd.cdc.gov](https://nccd.cdc.gov/)
- CDC, Diabetes prevention program finder

Learn More about Florida's Diabetes Prevention Efforts

- [Floridahealth.gov](https://www.floridahealth.gov/)
- Florida Department of Health, Diabetes prevention

Diabetes Education

Diabetes Self-Management Education and Support (DSMES) helps people with diabetes learn how to take the best care of themselves. DSMES helps clients:

- Know how to manage their diabetes which will help avoid or delay serious health complications,
- Save money and time (fewer trips to the hospital)
- Know how to properly take medication and monitor blood sugar
- Overall live a healthier life with diabetes (CDC).

To find a Diabetes Education Program visit:

- [Diabeteseducator.org](https://www.diabeteseducator.org/)

Get Involved

American Diabetes Association

- [Diabetes.org](https://www.diabetes.org/)
- To prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Diabetes Advocacy Alliance

- [Diabetesadvocacyalliance.org](https://www.diabetesadvocacyalliance.org/)
- Member organizations united in the desire to change the way diabetes is viewed and treated in America.

Florida Diabetes Advocacy Alliance

- [Floridiabetesalliance.org](https://www.floridiabetesalliance.org/)
- Coordinating resources to improve systems for diabetes prevention and care throughout Florida.

Get More Data

- [US Diabetes Surveillance System](https://www.cdc.gov/diabetes/surveillance/)
- [Broward Health Planning Council Florida Health Data Warehouse](https://www.browardhealth.org/health-planning-council/florida-health-data-warehouse/)
- [Florida Health Charts](https://www.floridahealth.gov/data/charts/)

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