PREDIABETES

A Generation in Jeopardy

*fact*SHEET

WHAT

A new study estimates that 46 percent of California adults – including one out of every three young adults – have prediabetes or undiagnosed diabetes, precursors for life-threating type 2 diabetes. The study provides the first analysis and breakdown of prediabetes rates by county, age and ethnicity, and provides the best indication to date that diabetes rates will continue to climb dramatically.

WHY

These high rates of prediabetes are an alarming indication of the health crisis coming down the road. Understanding the prevalence of prediabetes and undiagnosed diabetes on a county-by-county basis offers health care professionals and decision makers a vital tool to aid their efforts to curb this disease and its related costs, and underscores the importance of acting now to prevent prediabetes from developing into diabetes. If action isn't taken, California can expect a worsening diabetes crisis that will overwhelm health care providers, dramatically increase health care costs and leave millions of Californians suffering needlessly.

HOW

Researchers analyzed hemoglobin A1c (HbA1c) and fasting plasma glucose (FPG) test records from the National Health and Nutrition Examination Survey (NHANES) in conjunction with 2013-14 California Health Interview Survey (CHIS) data from 40,000 respondents to estimate the prevalence of prediabetes in California.

WHO

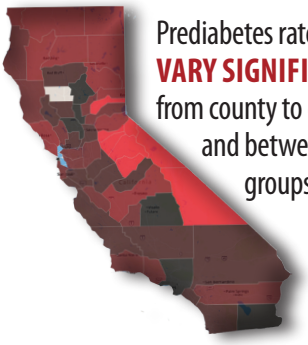
The study was conducted by the UCLA Center for Health Policy Research and commisioned by the California Center for Public Health Advocacy, with funding from the California Health Care Foundation and The California Endowment.

KEY FINDINGS

of California adults (55%) have either prediabetes or diabetes

1 OUT OF 3
YOUNG ADULTS
has prediabetes

Prediabetes is **HIGHER AMONG ADULTS OF COLOR**, with at least half of Pacific Islanders, American Indians and African-Americans estimated to have prediabetes



Prediabetes rates **VARY SIGNIFICANTLY** from county to county, and between age groups

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