

Understanding the Idaho Landscape

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IDAHO DIABETES
PREVENTION & CONTROL



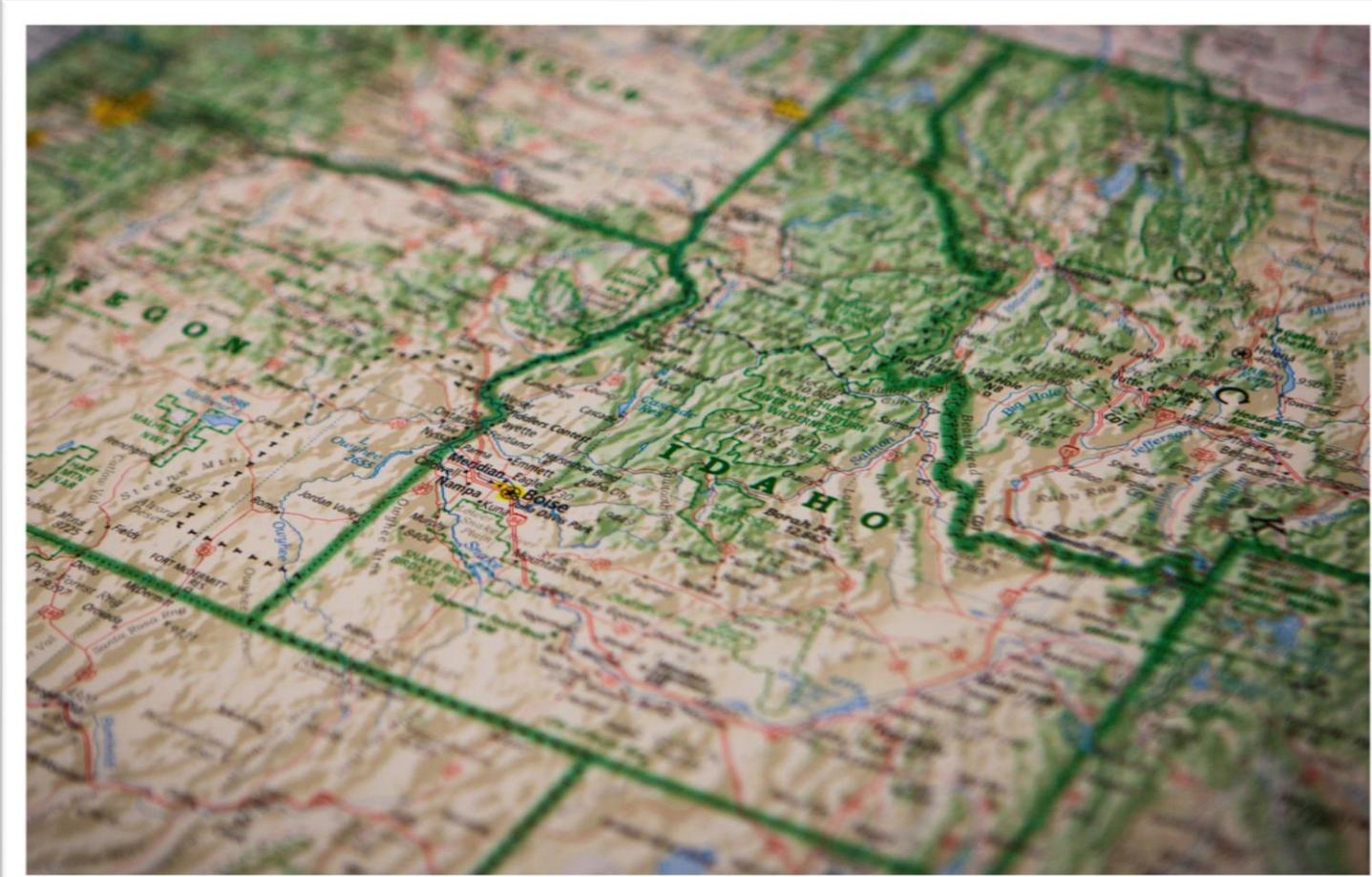
IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

March 28, 2017

1.6 million Idahoans

44 counties

7 Public Health Districts

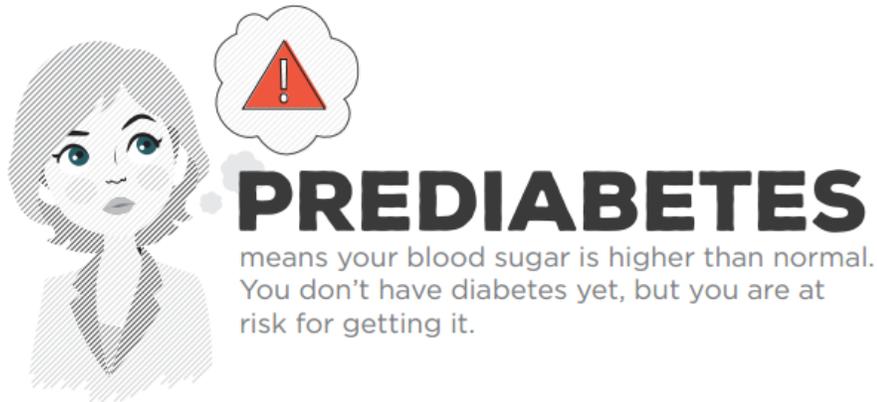


SURPRISE!
YOU MAY HAVE PREDIABETES

 IDAHO PREVENTS DIABETES

Risk factors

- Family History
- Overweight
- Unhealthy diet
- Physical inactivity
- Increasing age
- High blood pressure
- Ethnicity
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds



RACE & ETHNICITY
ALSO AFFECT YOUR RISK.

especially African Americans,
American Indians, Asian Americans,
Hispanics/Latinos, and
Pacific Islanders

9.9%

Identify as Hispanic, Latino/a or Spanish origin

1.6%

Identify as American Indian/Alaska Native (AI/AN)

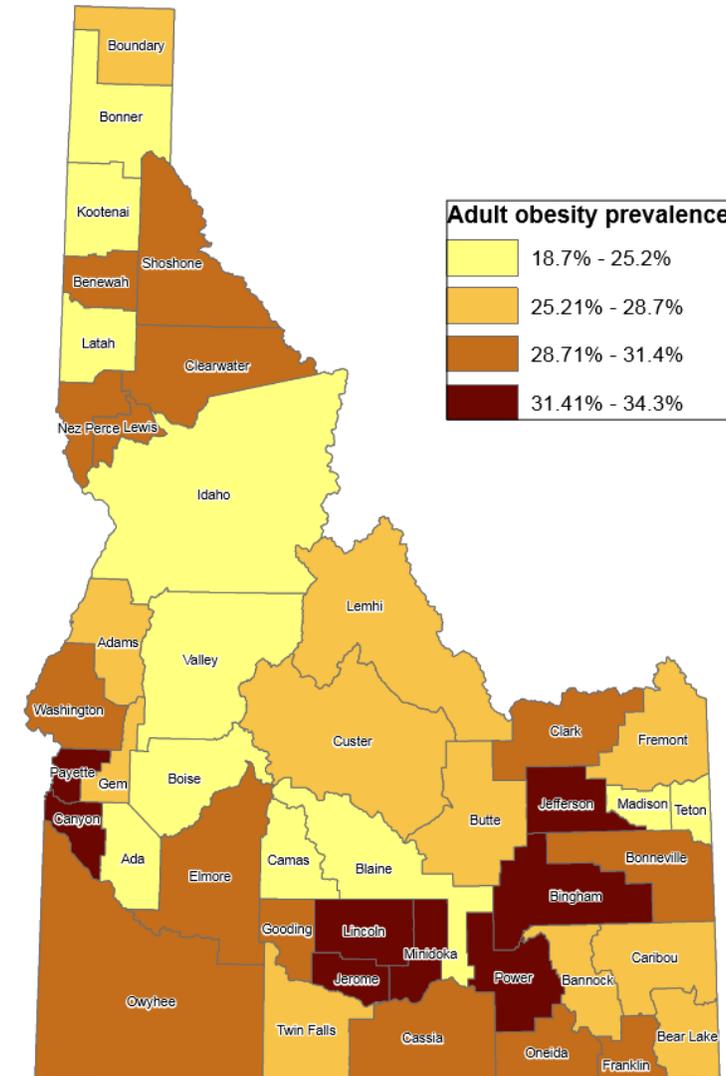
65.7%

of adults in Idaho were overweight in 2014

28.9%

of adults in Idaho were obese in 2014

County age-adjusted percentage of adult obesity, 2013



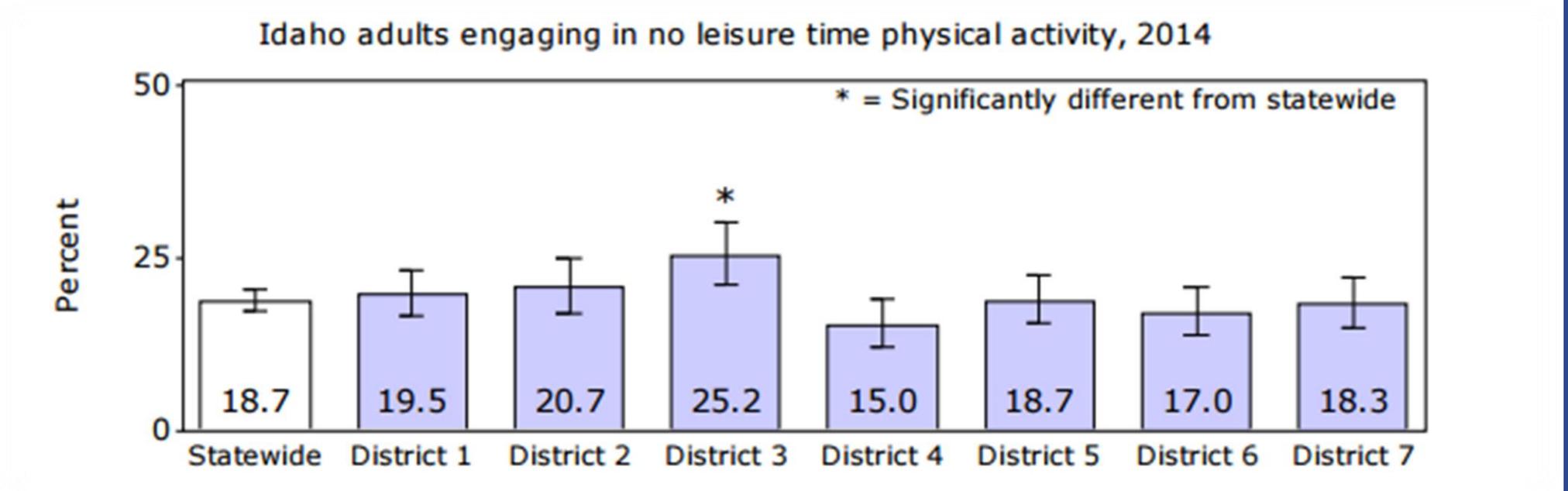
82%

of adults did not eat enough fruits & veggies

20.4%

of adults consume less than one time daily





WITHOUT MODERATE PHYSICAL ACTIVITY

or weight loss, up to 1/3 of people with prediabetes will develop diabetes within 5 years.

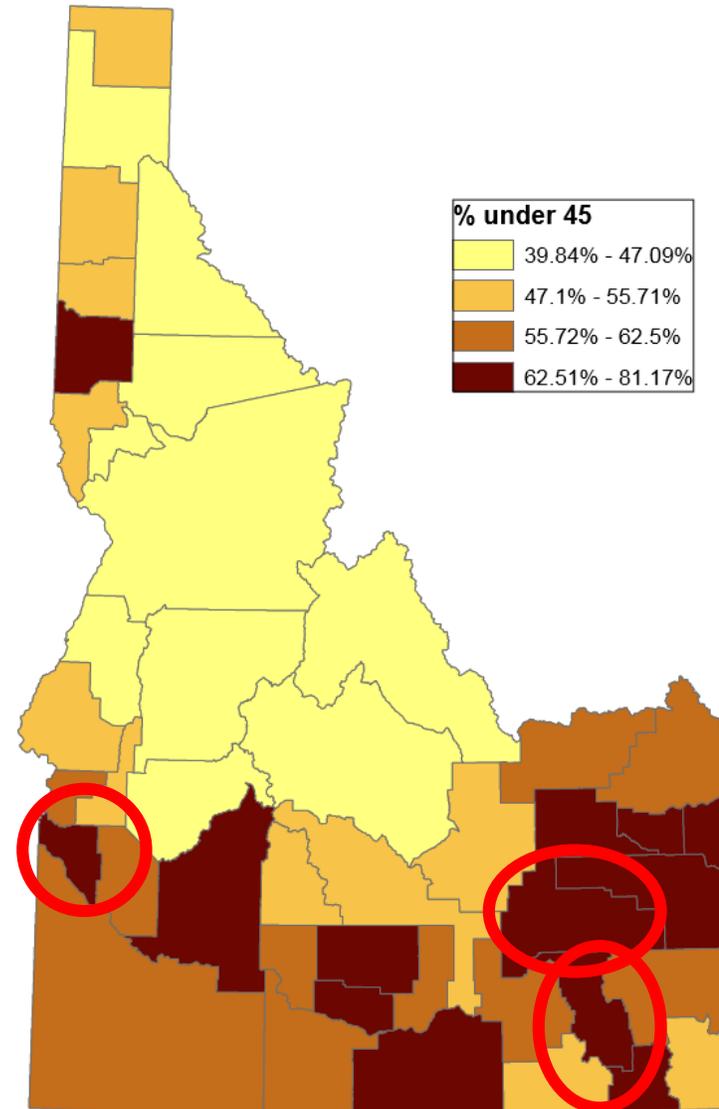


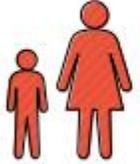
HIGHER RISK GROUPS FOR PREDIABETES:

ALL ADULTS AGES
 **45+**

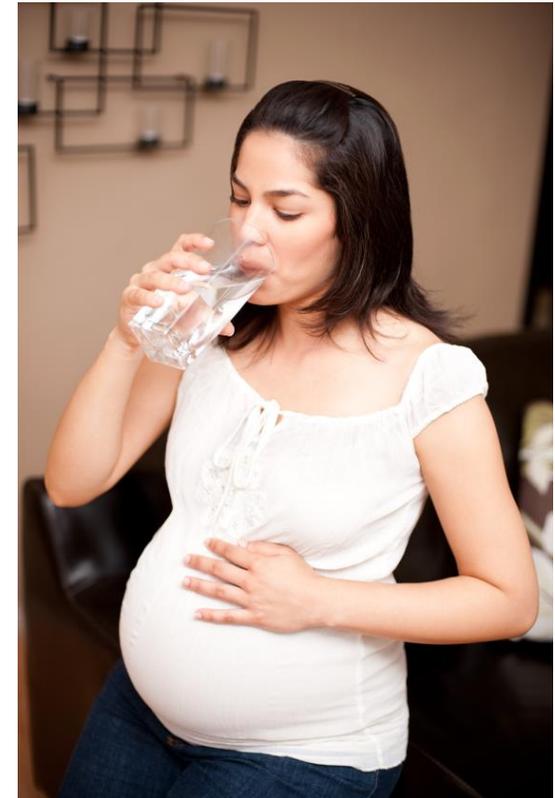
 **50%** OF PEOPLE IN IDAHO
65 AND OLDER
ARE ESTIMATED TO HAVE PREDIABETES

Percentage of the county's population aged 45 and younger, 2015



An icon consisting of two orange silhouettes: a larger one representing a woman and a smaller one representing a child, positioned to the left of the main text.

**MOTHERS WHO HAVE/HAD
GESTATIONAL
DIABETES**





560,000

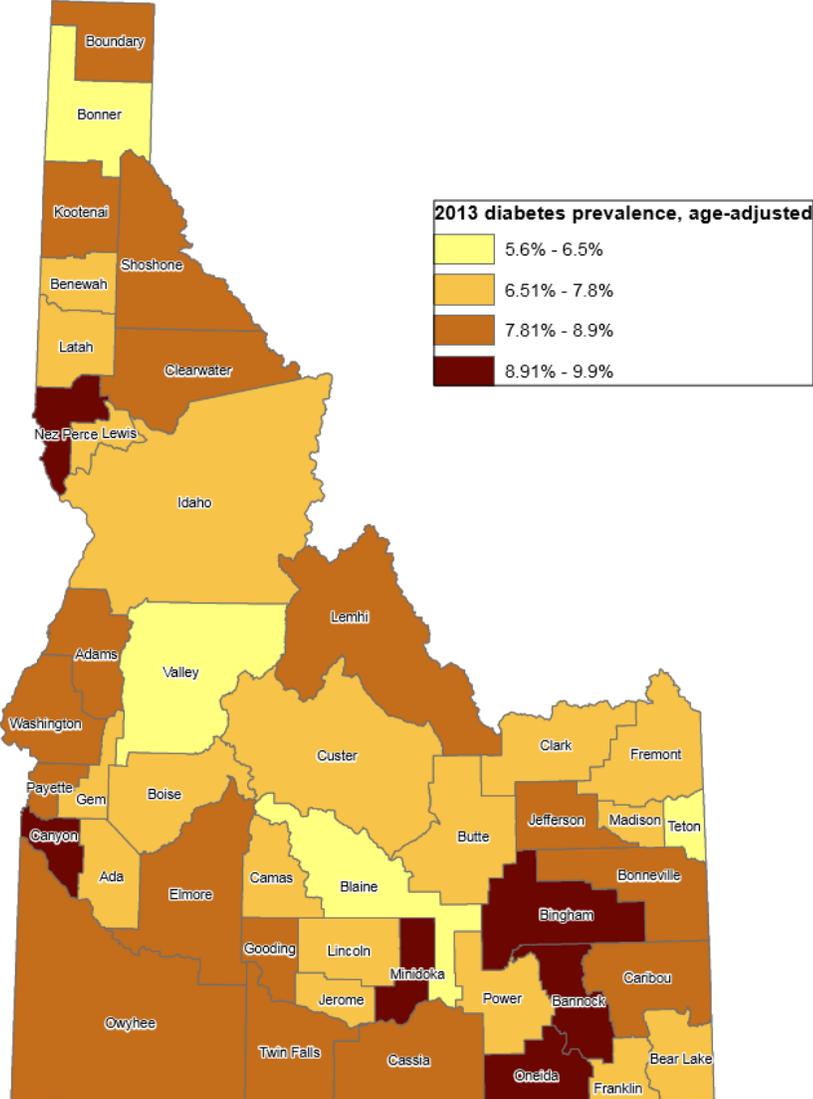
of Idaho adults have prediabetes



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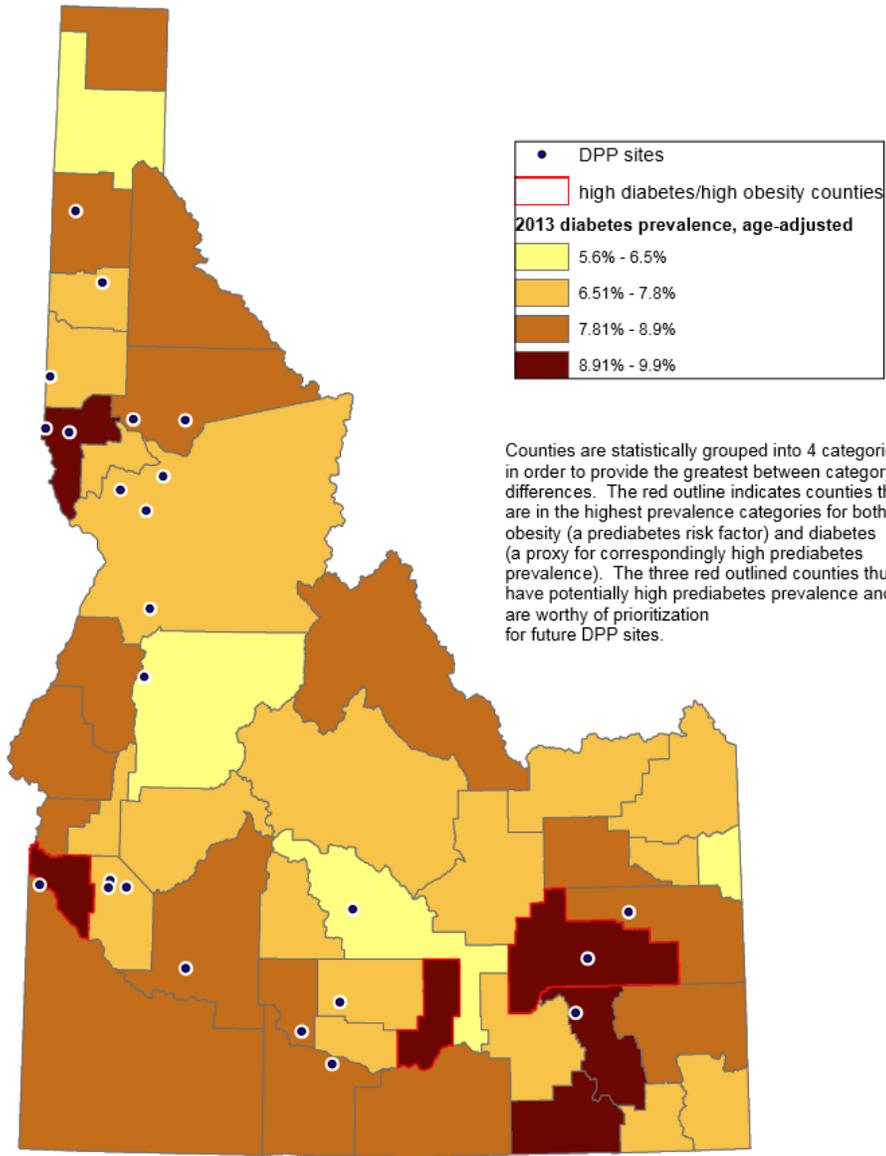
County age-adjusted diagnosed diabetes prevalence, 2013



7.6% of Idaho adults have diabetes

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2017 Diabetes Prevention Program (DPP) Locations



Over **100** Lifestyle Coaches

Over **24** class locations

57 years old

26% male

74% female

\$98 average charge



60 SECONDS

CAN DETERMINE YOUR RISK LEVEL

TAKE THE PREDIABETES QUIZ TODAY!

preventdiabetes.dhw.idaho.gov

What is currently being done?

- Diabetes Alliance of Idaho (DAI)
- Local Diabetes, Heart Disease and Stroke Coalitions
- Quarterly DPP Lifestyle Coach/Coordinator calls
- Idaho Prevents Diabetes Facebook Page
- [QTAC- COMPASS](#) (Coming soon)

THANK YOU!

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