

Diabetes 2024 Fact Sheet

What is Diabetes?

Diabetes is a chronic disease characterized by elevated blood glucose (blood sugar). High levels of blood glucose result from inadequate production of insulin or a resistance to the effects of insulin, a hormone produced by the pancreas.¹



Type 1 Diabetes occurs when the body is unable to produce insulin. It cannot be prevented and accounts for approximately 5% of all diagnosed cases of diabetes in adults.

Type 2 Diabetes occurs when cells in the body become resistant to the effects of insulin. Type 2 Diabetes onset is more gradual than in Type 1 and can be prevented. This accounts for about 90-95% of all diagnosed cases of diabetes in adults.

Gestational Diabetes develops during pregnancy and can lead to complications for the infant if not managed appropriately. It is usually diagnosed through prenatal screening. Women who develop gestational diabetes during pregnancy have significant risk for developing diabetes later in life.

Prediabetes (Borderline Diabetes) is a condition in which the blood sugar levels or hemoglobin A1c (HbA1c) are higher than normal but not high enough to be classified as diabetes.

- 15-30% of people with prediabetes will develop Type 2 within 5 years.
- Out of 10 of those with prediabetes do not know they have it.²



Diagnosis

Diabetes is diagnosed using several blood tests:

Table 1: Diagnostic Test Criteria for Prediabetes and Diabetes³

Test	Normal	Prediabetes	Diabetes
Fasting Plasma Glucose (FPG)	< 100 mg/dL	100 -125 mg/dL	> 125 mg/dL
Oral Glucose Tolerance (OGTT)	< 140 mg/dL	140 -199 mg/dL	> 199 mg/dL
HbA1c	< 5.7%	5.7% - 6.4%	> 6.4%

Diabetes in Nebraska



Over 1 in 10 (10.8%) of adults in Nebraska have diabetes.



Only **7.8%** of adults in Nebraska are aware of having prediabetes.

Prevalence⁴

- From 2018-2022, the prevalence of diabetes in Nebraska adults was lower than the U.S. median (Figure 1).
- Prevalence of diabetes and prediabetes among Nebraska adults rises with increasing age, with the highest prevalence being among adults 75 years and older.
- Those with college degrees are less likely to have diabetes compared with less educated individuals (Figure 2).
- Diabetes is higher among those with low incomes (Figure 3).
- Non-Hispanic (NH) American Indian, individuals have the highest rates of diabetes (21.0%), followed by NH Others (17.1%) and NH Blacks (17.0%) (Figure 3).

Figure 1: Diabetes Prevalence Among Adults, 2018-2022

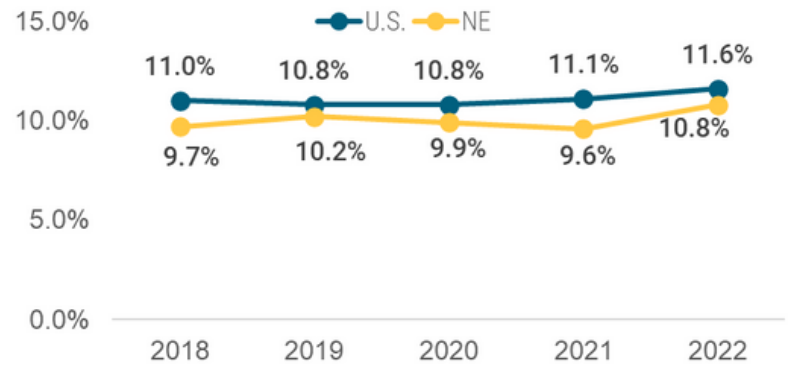


Figure 2: Age Adjusted prevalence of Diabetes and Prediabetes among Adults by Education Level and Annual Household Income, 2021

