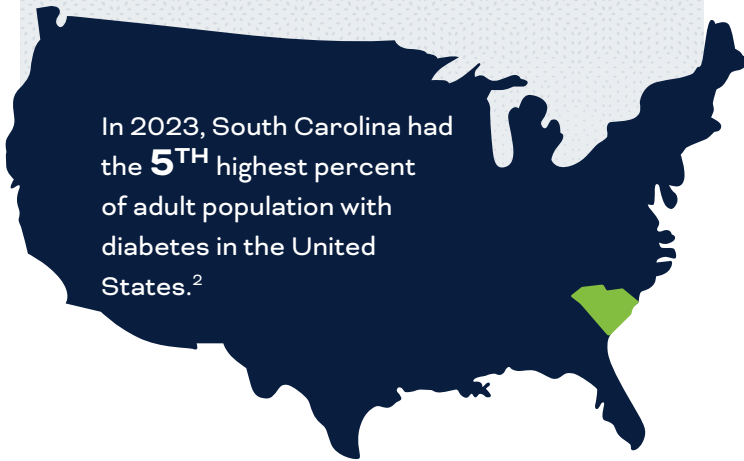




# Diabetes in South Carolina

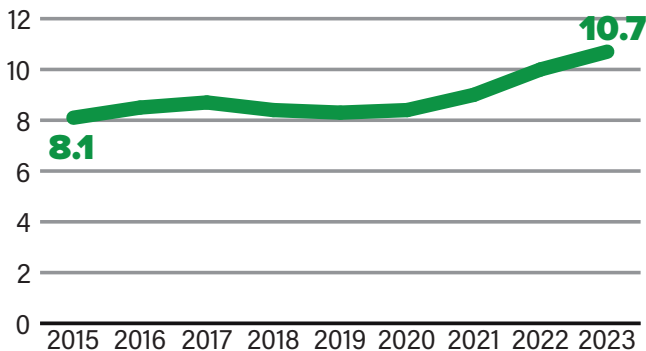
**1,656** South Carolina residents died from diabetes in 2023.<sup>1</sup>

Diabetes was the **7<sup>TH</sup>** leading cause of death in South Carolina, more than chronic liver disease, suicide, or homicide.<sup>1</sup>

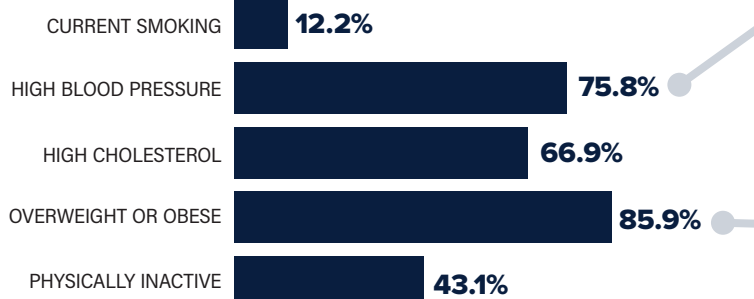


## Newly diagnosed diabetes has slightly increased **IN RECENT YEARS**<sup>5</sup>

Rate per 1,000




## Other health concerns **AMONG THOSE WITH DIABETES**<sup>2</sup>



## Diabetes disparities exist

The prevalence of diabetes is higher among non-Hispanic Black adults (21.9%) than among non-Hispanic Whites (13.4%), and non-Hispanic Blacks had **2.4X** higher age-adjusted death rate compared to non-Hispanic Whites.<sup>1,2</sup>



More than **630,000** adults in South Carolina are estimated to have been diagnosed with diabetes.<sup>2</sup>



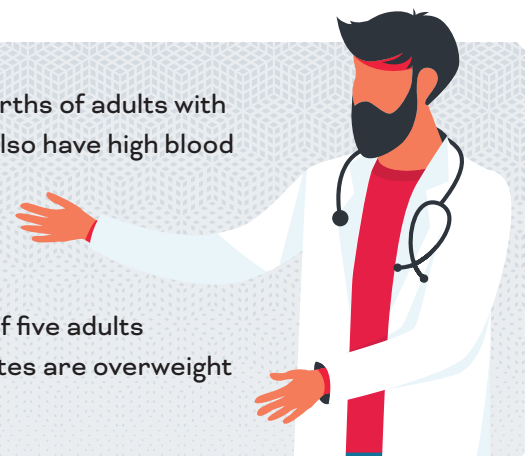
For every **10** adults diagnosed with diabetes, only **5** have taken a class to manage their diabetes.<sup>2</sup>

In 2023, the total amount of hospital charges related to diabetes diagnoses were **\$10.9 BILLION** in South Carolina. This was higher than asthma.<sup>3</sup>

The estimated cost of care for people in South Carolina with diabetes is **\$8.3 BILLION**, including \$6.1 billion in medical and \$2.2 billion in indirect costs.<sup>4</sup>

Three-fourths of adults with diabetes also have high blood pressure.

Four out of five adults with diabetes are overweight or obese.



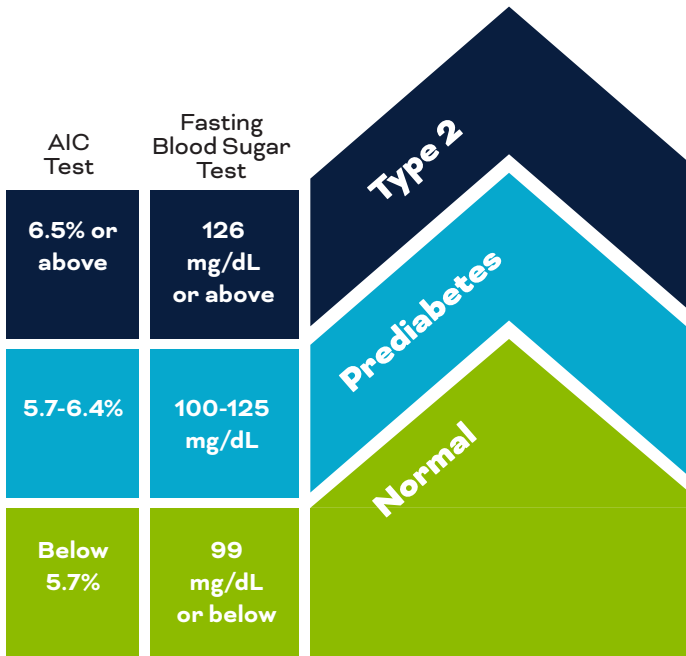
## Types of Diabetes

**TYPE 1 DIABETES** – Usually diagnosed in children and young adults. The body does not produce insulin. People with type 1 diabetes must take insulin injections. About 5% of the people who have diabetes have type 1.<sup>6</sup>

**TYPE 2 DIABETES** – The body does not produce enough insulin, and/or the body cannot properly use insulin. Type 2 diabetes in children is on the rise due to the childhood obesity epidemic, particularly in African-Americans and Hispanics. About 90% of people with diabetes have type 2.<sup>6</sup>

**PREDIABETES** – Before people develop type 2 diabetes, they almost always have “prediabetes.” People with prediabetes are at higher risk of cardiovascular diseases. However, you can delay or prevent the onset of type 2 diabetes by eating healthier and being more physically active. More than one in three adults have prediabetes.<sup>6</sup>

**GESTATIONAL DIABETES** – Pregnant women who have high blood glucose levels have gestational diabetes. They are more likely to develop type 2 diabetes years later. In 2023, mothers with gestational diabetes represented 8.4% of live births in South Carolina.<sup>1</sup>



## Who needs to be tested for diabetes?

You are at risk for developing prediabetes if you:

- Are overweight<sup>6</sup>
- Are 45 or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds



1 SC DPH Vital Statistics

2 SC BRFS

3 SC RFA

4 American Diabetes Association

<https://diabetes.org/sites/default/files/2025-05/the-burden-of-diabetes-south-carolina-05-08-25.pdf>

5 CDC

6 American Diabetes Association