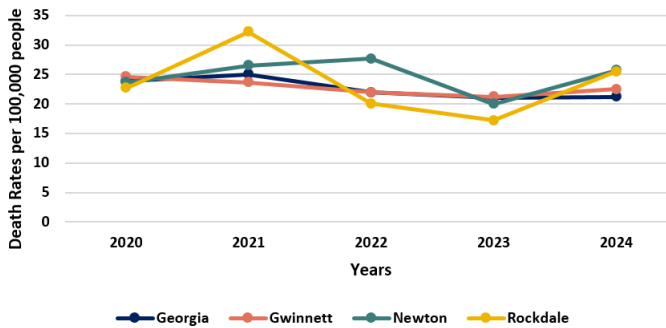
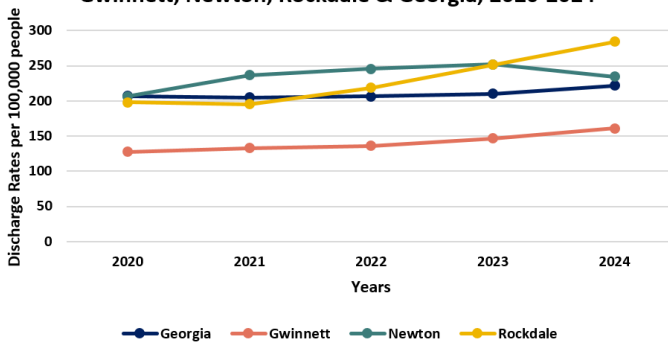


Chronic Disease Snapshot: Diabetes

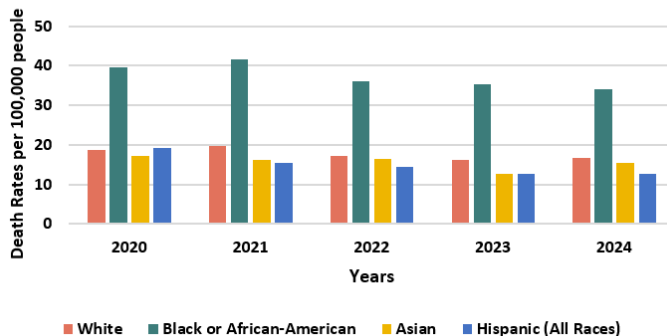
Age-Adjusted Diabetes Death Rates in Gwinnett, Newton, Rockdale & Georgia, 2020-2024³



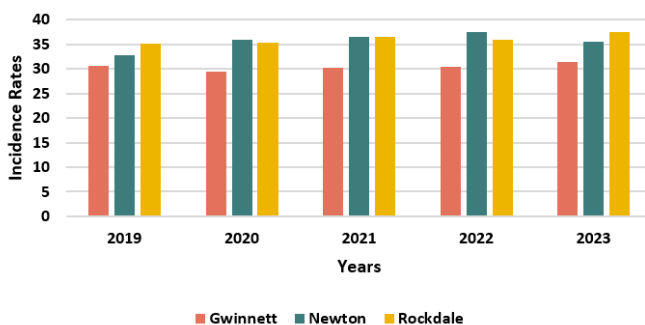
Age-Adjusted Diabetes Hospital Discharge Rates in Gwinnett, Newton, Rockdale & Georgia, 2020-2024³



Age-Adjusted Diabetes Death Rates in Georgia, 2020-2024³



Age-Adjusted Diabetes Incidence Rates for Adults 20+ Years Old with Obesity in GNR Health District, 2019-2023³



Diabetes

Diabetes is a chronic disease that affects how the body processes sugar. One in ten people have diabetes in the US, and one in five people do not know they have it.¹ Diabetes occurs when the body cannot make enough insulin or does not use insulin correctly. Insulin helps regulate the blood sugar levels in the bloodstream; if it is not working efficiently, it can lead to other health problems such as heart or kidney disease. Currently, there is no cure for diabetes.

There are two primary types of diabetes:

Type 1

The body stops making insulin so insulin has to be taken everyday. This is considered an autoimmune disease.

- Usually diagnosed as a child or young adult.
- Accounts for about 5-10% of diabetes cases.¹

Type 2

The body cannot use insulin efficiently to keep blood sugar levels at normal levels.

- Develops over time and is diagnosed primarily in adults, although in the past decade, more children and teens are being diagnosed.
- Accounts for 90-95% of the diagnosed diabetes cases.¹

Symptoms

Symptoms of diabetes include:

- Excess urination
- Increased thirst levels
- Blurry vision
- Fatigue
- Unintentional weight loss

Prevention

Staying physically active, eating a balanced, heart healthy diet, quitting smoking and managing stress levels can reduce the risk of developing diabetes. Implementing these prevention strategies decreases the risk of developing both types of diabetes, however preventing Type 1 can be difficult since it is an autoimmune disease.² Talking with your provider and knowing your A1C (the average of your blood sugar over 3 months) are key in staying informed and reducing your risk of developing diabetes.

Sources:

¹Centers for Disease Control and Prevention. (n.d.). *Diabetes*. <https://www.cdc.gov/diabetes/index.html>. Retrieved April 28th, 2026.

²Centers for Disease Control and Prevention. (n.d.). *United States Diabetes Surveillance System*. <https://gis.cdc.gov/grasp/diabetes/diabetesatlas.html>. Retrieved April 28th, 2026.

³Georgia Department of Public Health. Online Analytical Statistical Information System (OASIS). <https://oasis.state.ga.us/>.