

The Pulse

Keeping a pulse on healthcare integration at RBH



Over 34 million children and adults in the United States have diabetes. Diabetes is the primary cause of death for over 83,000 people each year in the United States. Also according to the CDC, people living with diabetes are 2 to 3 times more likely to have depression than people without diabetes.

Diabetes is a group of diseases where the body's pancreas does not produce enough insulin or does not properly respond to insulin produced by the body. This can result in high blood sugar levels. There are several different types of diabetes, but the most common forms are type 1 and type 2 diabetes.

Type 2 diabetes is the most common form of diabetes. If someone has type 2 diabetes their body does not use insulin properly. Those diagnosed with type 2 diabetes manage their disease through a combination of treatments including diet control, exercise, self-monitoring of blood glucose, oral drugs, and/or insulin. Type 1 diabetes is usually diagnosed in children and young adults. With the help of insulin therapy and other treatments a person with the disease can manage their condition and live a long healthy life.

Early detection and treatment of diabetes can decrease the risk of developing the complications and harmful effects of diabetes such as damage to the heart, teeth and gums, feet, or kidneys. Studies show that keeping blood glucose, blood pressure and cholesterol levels close to normal can help prevent or delay these problems of diabetes.

For more information visit the American Diabetes Association (ADA) website at <https://www.diabetes.org/community/american-diabetes-month>.

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Fast Facts

Data and Statistics about Diabetes

Key Facts

- Over **34 million children and adults** in the United States have diabetes
- **88 million** American adults have prediabetes
- **1.5 million** Americans are diagnosed with diabetes every year
- **Nearly half of American adults** have diabetes or prediabetes

Diabetes in the United States

- **34.2 million** Americans or **10.5%** of the population have diabetes; that's **1 in 10 Americans**
- **26.8 million** Americans have diagnosed diabetes
- **7.3 million** Americans have undiagnosed diabetes
- **1.5 million** Americans aged 20 years or older are newly diagnosed with diabetes each year, **one every 21 seconds**
- Age 18 years or older: **13%** of all people in this age group have diabetes
- **14.3 million**, or **1 in 4** adults age 65 or older, have diabetes

Prediabetes

- **1 in 3** U.S. adults aged 20 years or older has prediabetes
- **88 million** Americans aged 20 years or older have prediabetes, and 85% of them don't know they have it

Diabetes in Youth

- About **210,000** Americans younger than 20 years have diabetes (type 1 or type 2) which represents 0.25% of all people in this age group
- More than **18,000** youth are newly diagnosed with type 1 diabetes annually
- Nearly **6,000** youth are newly diagnosed with type 2 diabetes annually

Racial Disparities

- African Americans and Hispanics are over **50% more likely** to have diabetes than non-Hispanic whites
- **12.5%** of Hispanic/Latino adults in the United States have diagnosed diabetes
- **11.7%** of non-Hispanic black adults in the United States have diagnosed diabetes
- Among Hispanic adults, the age-adjusted rate of diagnosed diabetes was **6.5%** for Cubans, **8.3%** for Central and South Americans, **12.4%** for Puerto Ricans, and **14.4%** for Mexican Americans
- Among Asian American adults, the age adjusted rate of diagnosed diabetes was **5.6%** for Chinese, **10.4%** for Filipinos, **12.6%** for Asian Indians, and **9.9%** for other Asians
- American Indian and Alaska Native women had the highest prevalence of diagnosed diabetes for women at **14.8%**
- American Indian and Alaska Native men had a significantly higher prevalence of diagnosed diabetes (**14.5%**) than non-Hispanic black men (**11.4%**), non-Hispanic Asian men (**10.0%**), and non-Hispanic white men (**8.6%**)

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"I thought my life was over when I was using. So just being where I am at now is crazy. I just never thought I would be where I'm at ever and everything I have accomplished!"

Miss V. grew up right here in the Richmond/Henrico area. She is in a relationship and has two children. Her favorite quote is the Serenity prayer. "I do go by that and I say it every day," says Miss. V. For fun she enjoys hanging out after work with her son, sister, and sister's children. "I am so happy to be able to do that. I also love watching movies and TV shows at night after my son goes to bed," she says. When asked about what brought her to RBHA's doors she explains, "I got arrested May of 2019. I had my son after getting arrested. In jail I didn't know what was going on. I was sitting in my jail cell and Danielle Hodge came by. I was being rude and didn't want to be there. Danielle explained about going to rehab and how they can help. She explained it to me and 4 days later she came and got me and it saved my life. It was fate." Miss. V. has completed the program at the RBHA North Campus Women's Residential Treatment Center (WRTC). She is currently in the OBOT program at the RICH Recovery Clinic.

She recalls getting a lot out of the parenting and anger management classes. Miss V. says her children motivate her on her road to recovery. When asked about her experiences with the RICH Recovery Clinic, Miss. V. stated, "I love the staff. Danielle is great! Please give her a shout out! Everyone after her did a great job. They treat my son like he is their own. Dr. Bhat is my doctor. **Everybody there is amazing!**" When asked about what the RICH Recovery Clinic could improve on, Miss V. says, "Only thing I hated was the wait time and parking. Besides that I wouldn't change anything. They treat me just how they needed to get me back up." As far as her life throughout the pandemic, Miss V. stated "It has been not hard at all. It is not even a thing to want get high anymore. Once you get over that 6 month mark, it's good. **It hasn't been any harder since COVID. It doesn't make me think I'm so depressed and I don't want to get high.**" As for the RICH Recovery Clinic's adaptations during the COVID-19 pandemic, "I like the Zoom counseling. It's a lot easier for me because I have my son," says Miss. V. When asked about her goals for the future, Miss V. said, "I started GED classes and I work at Chick-fil-A. My boyfriend watches my son while I go to class through zoom. I'm falling a little behind but I'm not giving up. My goal is to become a Pediatric RN. I also want to become a peer counselor. I think I would be great at that and I love to talk to people. I can give good advice. I want to buy my own house. Right now I live in an apartment. I want a yard so my son can run around outside." When asked what she would say to someone who is hesitant about getting help, Miss V. responded, "DO IT! Do not be nervous. Take the help. **Just let RBHA take your hand. You have to be willing to do the work but they will help you! Like me, Danielle said 'If you want help, we can help you.'** You feel like you get stuck and this is it but it's not. My father use to tell me the sky is the limit and to never give up."



New at RICH!

The RICH Recovery Clinic will be offering [COVID-19 vaccines](#) every Friday starting on November 12th from 8:30 am to 12:00 pm

And don't forget it's Flu Season! Flu vaccinations are also available.

To make an appointment have your Case Manager email Chandra McMillan at mcmillanc@rbha.org or Inga Robinson at inga.robinson@rbha.org.