



RHODE ISLAND WORLD DIABETES DAY

DIABETES IN RI

- In 2018, 10.9% of RI adults reported a diagnosis of diabetes; that's 1 in 10 adults not including people who are undiagnosed.
- Even after adjusting for age, diabetes in RI has more than doubled in the past generation (4.6% in 1995 compared to 9.7% in 2018).
- According to the CDC, 1 in 3 Americans have prediabetes but only 10% have been diagnosed. This means that about 294,000 Rhode Islanders have prediabetes, and most don't know it.
- Poverty and low income are associated with a variety of poor health outcomes. Rhode Islanders whose income is less than 200% of the federal poverty level have higher rates of diabetes (11.4%) compared to those whose income is greater than 400% of the federal poverty level (5.9%).
- Diabetes is expensive for all patients, no matter their insurance status. RI adults with diabetes report frequent financial strain. In fact, 44.5% of RI adults with diabetes worried about affording nutritious meals in the past year. The COVID-19 pandemic is likely causing more of a financial strain on RI's underserved residents.
- Black and Hispanic/Latinx adults report being diagnosed with diabetes at younger ages, meaning they are trying to care for their diabetes for more of their lives.
- Serious medical complications can result from diabetes, including heart disease, stroke, lower limb amputations, kidney disease, and blindness.

Data source:

1995-2018 RI Behavioral Risk
Factor Surveillance System

2021 RHODE ISLAND WORLD DIABETES DAY

Saturday, November 13, 2021

VIRTUAL AGAIN THIS YEAR! Register at: riwdd.org

Every year people across the globe celebrate World Diabetes Day (WDD)... And we'll be celebrating right here in Rhode Island, with a virtual RIWDD event. There are many ways you can get involved and support this important day — and take steps toward a healthier you. **Learn more at: riwdd.org.**

SCHEDULE OF VIRTUAL EVENTS:

9:00 AM – 9:15 AM - Kickoff: Diabetes in 2021 (presented by RIDOH leadership)

9:15 AM – 9:45 AM – Addressing Living With Diabetes by JC Aragon, Professional Tennis Player in partnership with Novo Nordisk

9:50 AM – 10:20 AM – Know Your Diabetes by Heart by Lupe Barraza in partnership with the American Diabetes Association

10:25 AM – 10:55 AM – Trivia Contest hosted by Al Lewis, Quizzify

11:00 AM – 11:20 AM – Cooking Demo by Jeanette Nessett, RDN, LDN; Lifespan Community Health Institute

11:20 AM – 11:35 AM – Diabetes Prevention and Management Testimonials and Tips Video, Lifespan Community Health Institute

11:35 AM – 11:45 AM – Rhode to Wellness 2021 Challenge Results by Jennifer Fine, RD, LDN, CDOE

11:45 AM – 11:55 AM - Grace Diaz Blue Light Award Presentation by Representative Grace Diaz

11:55 AM – 12:00 PM - Closing Remarks by RIWDD Co-Chairs; Deborah Newell, RPh, CDOE, CVDOE; Megan Fallon-Sheridan, MS, RD

