

State rates high in diabetes

Jeremy Gray
jgray@al.com

Alabama is one of six states with a diabetes rate greater than 10 percent, the Centers for Disease Control and Prevention reported last week.

The others are Mississippi, South Carolina, Tennessee, Texas, and West Virginia. Puerto Rico also has a

diabetes rate greater than 10 percent.

Mississippi — the state with the largest proportion of residents who are obese — has the highest diabetes rate. Nearly 12 percent of Mississippians say they have diabetes, compared to the national average of 7 percent, the Associated Press reported.

“But the most dramatic increases in diabetes occurred largely elsewhere in the South and in the Southwest, where rates tripled or more than doubled. Oklahoma’s rate rose to about 10 percent, Kentucky went to more than 9 percent, Georgia to 10 percent and Alabama surpassed 11 percent,” the AP report continued.

In 1995, only three states, Washington DC, and Puerto Rico had diabetes rates greater than 6 percent, but by 2010 it was greater than 6 percent in every state, Washington DC,



DIABETES ON THE RISE

Rate in Alabama (adults)

1995: 4.7 percent

2010: 11.3 percent

**Percentage increase in
Alabama:** 140

**Percentage increase in
nation:** 82.2

*Source: Centers for
Disease Control*

and Puerto Rico.

The only states with diabetes rates below 7 percent were Alaska, Colorado, Connecticut, Iowa, Minnesota, Montana, North Dakota, Oregon, South Dakota, Wisconsin, Vermont, and Wyoming