

# The Social Determinants of Health Impacting America's Type 2 Diabetes Epidemic



If current trends continue, by 2030 the prevalence of diabetes will increase by **54%**

**Social Determinants of Health** are conditions and factors that affect a wide range of health outcomes and risks. Some of those impacting diabetes include:



### Access to Healthy Food

**23M+** Americans live in food deserts—low-income communities without ready access to healthy and affordable food



The risk for developing type 2 diabetes is **2x higher** in people with food insecurity




### Neighborhood Safety


Crime, violence and lack of resources can be **barriers to optimal health outcomes** in diabetes



Neighborhoods more conducive to walking are associated with **lower levels of diabetes**




### Rural Communities




**16%** of the U.S. population lives in rural areas, but only **10%** of physicians practice there

Rural residents experience a **17% higher rate** of type 2 diabetes than urban residents




### Health Literacy

Only **12%** of adults in the U.S. are health literate and have the ability to understand information needed to make appropriate health decisions




People with diabetes who also have low health literacy:

- ⊗ Have a **harder time understanding their disease**
- ⊗ **Participate less** in self-care activities
- ⊗ Have **poorer blood sugar control**




### Income


Individuals with lower levels of income experience **higher rates of diabetes**



Among individuals with diabetes, those with lower incomes have a **higher rate of forgoing medical care** due to cost



### Access to Care



**~29M** Americans are uninsured

People with diabetes who do not have private insurance (excluding those with government insurance)\*:

- Have **60% fewer physician office visits**
- Are prescribed **52% fewer medications**

\*Excludes government insurance programs



### Take Action

Type 2 diabetes management is impacted by a number of factors. To help improve health outcomes and achieve health equity, **it's crucial to address the social, economic and environmental factors** that influence type 2 diabetes management.

**a touch of sugar**

Visit [AmericasDiabetesChallenge.com](https://AmericasDiabetesChallenge.com) to learn more about the documentary, *A Touch of Sugar*, and to access educational resources in both English and Spanish to help tackle some common type 2 diabetes challenges—head on. You can also head to [How2Type2.com](https://How2Type2.com) for disease management information.