

Diabetes in Florida

By the Numbers!



1.7 MILLION

adults in Florida reported they have been diagnosed with diabetes¹

49.7%

of adults with diabetes in Florida received Diabetes Self-Management Education (DSME)¹ even though DSME is covered by insurance in Florida¹

1.3 MILLION

adults in Florida reported they have been diagnosed with prediabetes¹

5–7%

Losing just 5–7% of your body weight (10–15 pounds for a 200-pound person) can decrease your risk for diabetes and its complications

2 TO 4 TIMES

Diabetes increases the risk of heart disease by 2 to 4 times

A1c

Hemoglobin A1C test—measures your average blood glucose for the past 2–3 months

Normal—below **5.7%**

Prediabetes—**5.7 to 6.4%**

Diabetes—**6.5% or above**