

Epi Focus: Diabetes

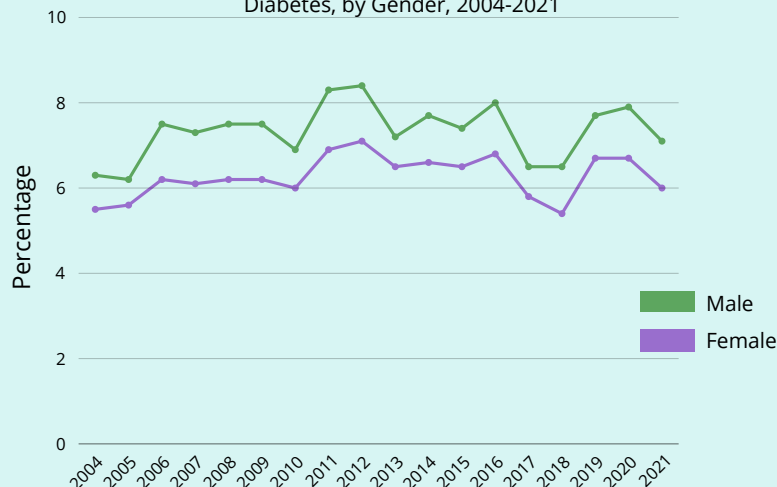
Diabetes is a **chronic** condition where the body struggles to regulate blood sugar due to problems with **insulin** production or use. In 2021, an estimated 38.4 million people, or 11.6% of the total U.S. population, had diabetes.

Types

- Type 1 Diabetes
 - Believed to be caused by an autoimmune condition where the body stops making insulin, requiring daily insulin injections
 - Develops early in life, usually diagnosed in children and young adults
- Type 2 Diabetes
 - The most common type, often linked to lifestyle factors, where the body becomes resistant to insulin
 - Develops over many years, more commonly diagnosed in adults, and is related to lifestyle factors
- Gestational Diabetes
 - Occurs during pregnancy and can increase the future risk of Type 2 Diabetes
- Prediabetes
 - Blood glucose levels are higher than normal but not yet high enough to be classified as Type 2 Diabetes

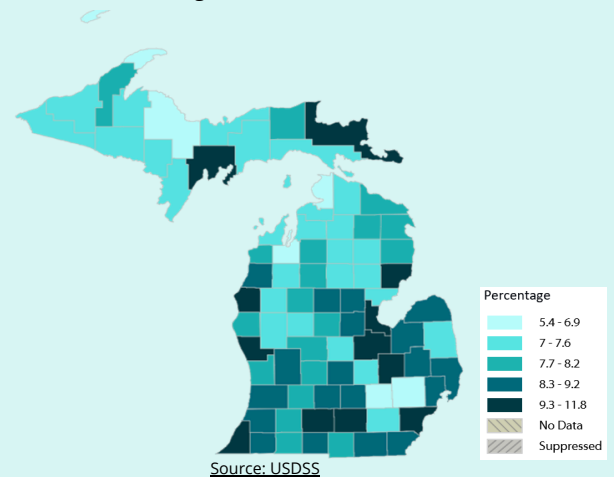


Age-Adjusted Percentage of Grand Traverse County Adults Aged 20+ Diagnosed with Diabetes, by Gender, 2004-2021



Source: USDSS

Age-Adjusted Percentage of Michigan Adults Aged 20+ Diagnosed with Diabetes, 2021



Source: USDSS

Risk Factors:

- Family History
- Age
- Obesity
- Physical Inactivity
- Diets high in refined sugars and fats
- High blood pressure and cholesterol
- Women who developed gestational diabetes
- Race/Ethnicity

Prevention

- Maintain a healthy weight with a balanced diet
- Regular Exercise (150 min/week of moderate exercise)
- Ask your doctor about blood glucose or HbA1c tests
- Stay up to date on diabetic eye and foot examinations
- Avoid tobacco and limit alcohol consumption

Scan the QR code to learn more about Munson Healthcare's Diabetes Education Programs!

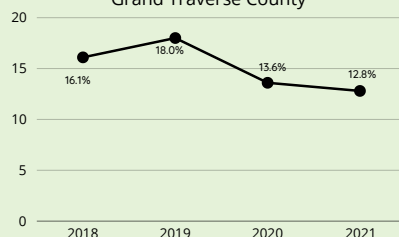
[Learn about different exercise patterns and health](#)



Source: [World Health Organization](#)



Adults 20+ who are Sedentary
Grand Traverse County

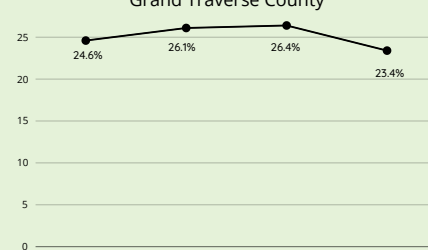


Source: Centers for Disease Control and Prevention (2021)

Adults who are sedentary include those who did not participate in any physical activities other than their regular job. According to the American College of Sports Medicine, physical activity 3-5 times each week for 20-60 minutes at a time can improve cardiovascular fitness and body composition. Grand Traverse County ranks in the best 50% of MI counties.

The percentage of obese adults is an indicator of overall health and lifestyle of a community. Grand Traverse County ranks in the best 50% of MI counties and meets the Healthy People 2030 target of being less than 36%.

Adults 20+ who are Obese
Grand Traverse County



Source: Centers for Disease Control and Prevention (2021)



Monthly Epi Report

Respiratory Illness Season



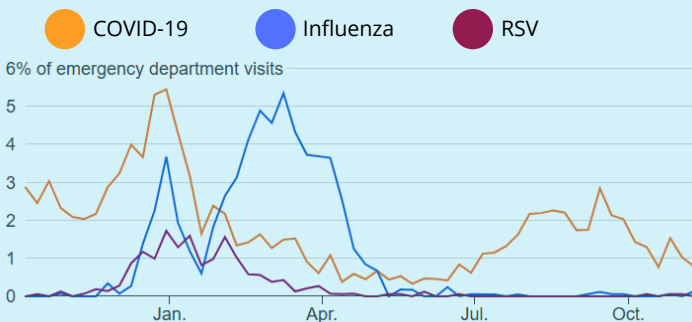
It's time for fall! Unfortunately, that change comes with more respiratory illness as people move inside, viruses mutate, and social networks change.

In Grand Traverse County, respiratory illness visits to healthcare facilities over the last two months are on the rise. Make sure to take precautions as many respiratory illnesses have similar symptoms.

Make a plan to get your seasonal vaccines! Schedule an in-person appointment at GTCHD by calling 231-995-6131. Call your healthcare provider or visit www.vaccines.gov to find a vaccine near you.

Respiratory Illness Emergency Department Visits for Antrim, Benzie, Grand Traverse, Kalkaska, Leelanau, Manistee

COVID-19	Counties	RSV
Low No Change	Minimal No Change	Minimal No Change



Stop the Spread of Respiratory Infections

GET VACCINES
for flu, COVID-19, and pneumococcal disease.

WEAR A MASK.

STAY HOME IF YOU'RE SICK.

WASH YOUR HANDS OFTEN.
Use hand sanitizer when handwashing is not available.

STAY 6 FEET APART, if possible. Avoid large crowds or groups of people.

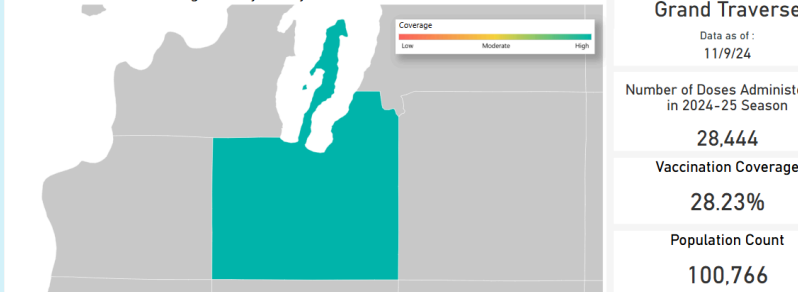
RUN YOUR HVAC SYSTEM OFTEN.
Change air filters every 3 months.

Seasonal Influenza Vaccination Coverage

Based on data reported to Michigan's immunization registry, the Michigan Care Improvement Registry (MCIR). MCIR data are used for the numerator (i.e., number of flu vaccine doses) and a combination of MCIR and US Census estimates are used for the population denominator (i.e., total number of persons living in Michigan).

Influenza Season	Month	County	Local Health Department	Ethnicity-Race	Sex	Age Group
2024-25	All	Grand Traverse	All	All	All	All

Influenza Vaccination Coverage Rate by County



Source: MDHHS

Fun Fact: Fluoride

- Community water fluoridation is recognized as one of the 10 greatest public health achievements of the 20th century, and has played a role in lowering the rate of tooth decay in the U.S.
- Grand Rapids, MI was the first city in the country to add fluoride to drinking water in 1945! This has led to a 50-60% reduction in tooth decay in the U.S.
- In August 2024, the National Toxicology Program (NTP) released a study linking high fluoride levels (>1.5 mg/L) with lower IQs in children.
 - However**, this study does not provide evidence against current community water fluoridation practices, which the American Academy of Pediatrics (AAP) attests that water fluoridation is **effective** and **safe** and works to prevent tooth decay.
 - This fluoride level is more than double the amount used in U.S. community water fluoridation (0.7 mg/L).
 - Less than 1% of the U.S. population (1.9 million people) are exposed to these naturally high fluoride levels (not the result of water fluoridation programs).
 - The American Dental Association (ADA) criticizes the study's methodology and its significant limitations and supports water fluoridation.
- Do not throw out your fluoride toothpaste!
- Learn more- [click here](#)



January 1st, 2024-November 20th, 2024

Disease	GTCHD Total
Novel Coronavirus COVID-19 (tested at medical facilities)	537
Campylobacter	29
Cryptosporidiosis	12
Giardiasis	10
Salmonellosis	9
Shiga toxin-producing Escherichia coli -(STEC)	6
Shigellosis	4
Yersinia enteritis	5
Meningitis -Aseptic	3
Streptococcus pneumoniae, Invasive	7
Cyclosporiasis	1
Blastomycosis	1
Guillain-Barre Syndrome	1
Histoplasmosis	3
Legionellosis	1
Streptococcal Disease, Invasive, Group A	12
Vibriosis -Non Cholera	2
Bat and Animal Bite Exposure	222
Chlamydia (Genital)	122
Gonorrhea	17
Syphilis -Early Latent	4
Syphilis -Secondary	1
Syphilis -Unknown Duration or Late	2
Latent Tuberculosis Infection	5
Nontuberculous Mycobacterium	1
Chickenpox (Varicella)	1
Pertussis	34
Shingles	13
Dengue Fever	1
Ehrlichiosis, Anaplasma phagocytophilum	2
Lyme Disease	11
Malaria	1
Hepatitis B, Acute	1
Hepatitis B, Chronic	2
Hepatitis C, Chronic	17
Total	1,100