

**NC's Guide to Diabetes Prevention and Management
Progress Indicators**

Progress Indicators	Data Source	Baseline 2015	2016	2017	2018	2019	Target 2020
Primary Prevention of Diabetes							
Decrease the percentage of adults who are current smokers.	BRFSS	19.0%	17.9%				
Decrease the percentage of high school students reporting current use of any tobacco product.	YRBS	13.1%	-				
Decrease the percentage of people exposed to secondhand smoke in the workplace in the past seven days.	BRFSS	8.3%	7.7%				
Increase the percentage of high school students who are neither overweight nor obese.	YRBS	67.7%	-				
Increase the percentage of adults getting the recommended amount of physical activity.	BRFSS	48.1%	-				
Increase the percentage of adults who consume five or more servings of fruits or vegetables or beans per day.	BRFSS	13.0%	-				
Increase the number of legislatives/regulatory policies that support diabetes primary prevention strategies by 2020.	Grant Documents	0	1	1			
Diabetes Prevention for Those at High Risk							
Increase the number of people who know that they have prediabetes from 782,000 to 967,000 by 2020.	BRFSS, Pop. estimates NC SCHS	782000	-				967000
Increase the number of people in North Carolina who enroll in a diabetes prevention program that is recognized by the CDC from 763 (in October 2015) to 5000 by 2020.	CDC DPRP State level report	763	2246	5109			5,000
Increase the number of North Carolina counties where people at high risk of developing diabetes can access at least one diabetes prevention program that is recognized by the CDC from 23 to 100 by 2020.	CDC DPRP Quarterly Report	23	40	67			100
Increase the number of public employees and retirees who have diabetes prevention program recognized by the CDC as a covered benefit from zero to 680,000 by 2020.	NC State Health Plan benefits	0	575002	0			680000
Increase the number of legislatives/regulatory policies that support diabetes prevention strategies from zero to two by 2020.	Grant Documents	0	2	1			2
Diabetes Management and Prevention of Complications							
Increase the number of people in North Carolina with type 2 diabetes who have taken a diabetes class from 460,000 to 533,000.	BRFSS, NC SCHS	460000	-				533000
Increase the number of people in North Carolina with type 2 diabetes who enroll in a recognized Diabetes Self Management Program from 27,500 to 50,000 by 2020.	CDC report	27500	43813				50,000
Decrease the number of diabetes related emergency room visits where diabetes as any listed cause of visit by 10 percent, from 356,000 ER visit to 320,000 ER visits by 2020.	NC Detect	356000	370469	415069			320000
Increase the number of legislatives/regulatory polices that support diabetes management strategies.	Grant Documents	1	1	1			