Diabetes costs Louisiana $5.4 billion each year.

Nearly 1 in 6 people in Louisiana have diabetes. More than 2 in 6 adults in Louisiana have prediabetes.

60 of 64 parishes in Louisiana are at or above the national average for prevalence of diabetes.

Complications from diabetes include:
- Stroke
- Heart disease
- Amputation
- Kidney disease
- Blindness
- Death

LSU research works to promote healthier lives.

- The LSU Pennington Biomedical Research Center is focused on understanding the underlying inflammatory processes that cause diabetes. Recent research has led to the discovery of two new molecules that reduce inflammation without triggering losses in insulin secretion, a dangerous side effect of steroid-based, anti-inflammatory interventions.
- Researchers at Pennington Biomedical, together with 21 academic sites, determined that Type 2 diabetes can be prevented in high-risk individuals.
- Pennington Biomedical will receive $9.2 million over the next five years from the National Institutes of Health, Office of Dietary Supplements and the National Center for Complementary and Integrative Health to continue work investigating native plants, botanical extracts and natural products as prospects for the prevention and treatment of obesity, diabetes, and other chronic diseases.

Pennington's research showed:
- 7% loss of an individual's body weight
  + in addition to
  150 minutes of physical activity per week
  = produced a 58% reduction in the conversion to diabetes

For more information, call the LSU Division of Strategic Communications at 225-578-8654. #LSURESEARCH