Diabetes in Idaho

BRFSS 2008

IDHW, Division of Health, Bureau of Vital Records and Health Statistics

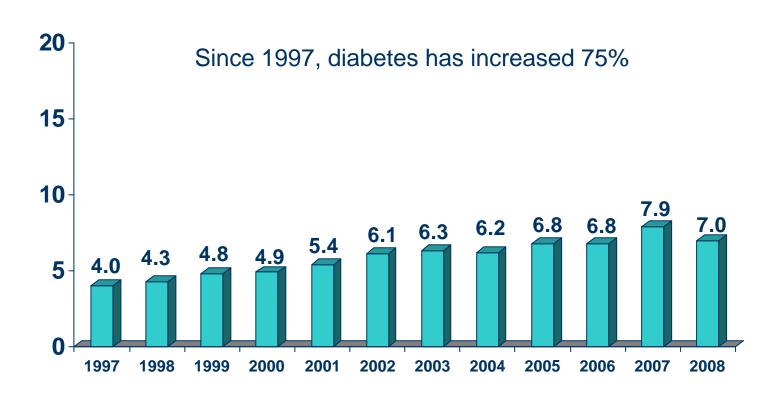
Idaho Behavioral Risk Factor Surveillance System (BRFSS)

- Ongoing surveillance program developed and partially funded by the Centers for Disease Control and Prevention (CDC)
- Estimates prevalence of risk factors for the major causes of morbidity and mortality in the U.S.
- Continuous random telephone survey
 - Largest telephone sample in the world >260,000/yr
 - 5,111 Idaho adults (18+) were sampled in 2008
 - Weighted to correct differences in probability of selection. Weighted by age and sex based on population estimates.
 - >250 cell phone interviews in 2009, ~10% of total sample beginning in 2010
 - English and Spanish language versions in Idaho
- Data limitations
 - Self-reported behaviors
 - Excludes those in prisons, dorms, cell phone only households, those who speak languages other than English or Spanish and others who are unable to communicate by telephone.

At a Glance

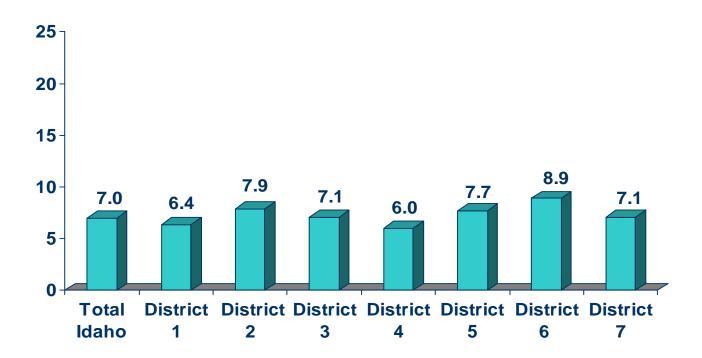
- 76,000 Idaho adults have diabetes, equal to
 7.0% of the adult population
- 1 in 15 Idahoans have diabetes
- Almost 1 in 5 adults aged 65+ have diabetes
- 51 is the average age of diagnosis
- Diabetes affects men and women equally
- Over 80% of those with diabetes are obese or overweight

Percent of Idaho Adults with Diabetes

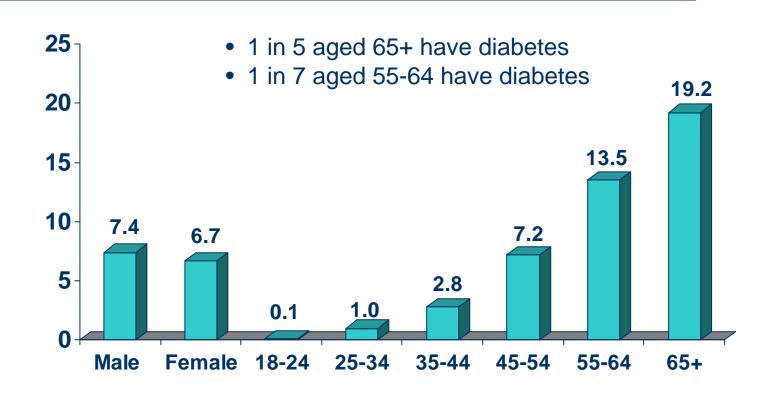


Diabetes Prevalence by District

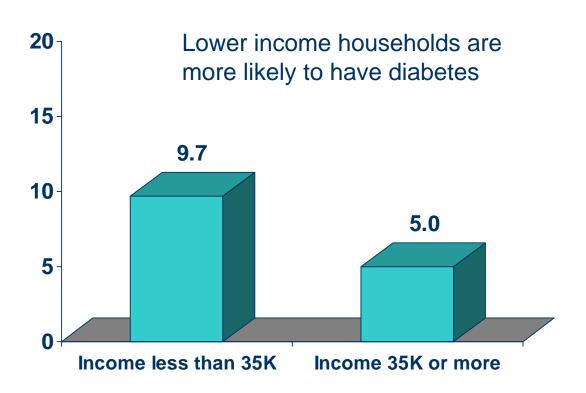
Prevalence does not differ significantly by district.



Diabetes by Gender and Age

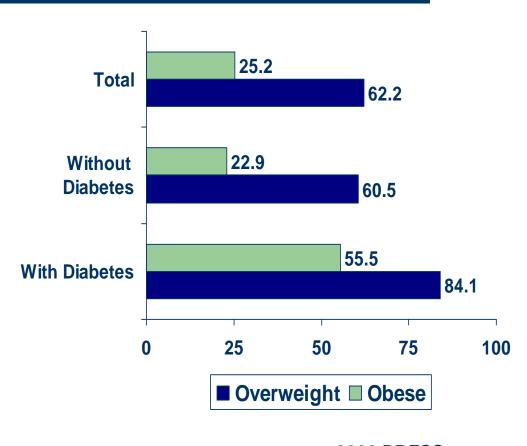


Diabetes by Income



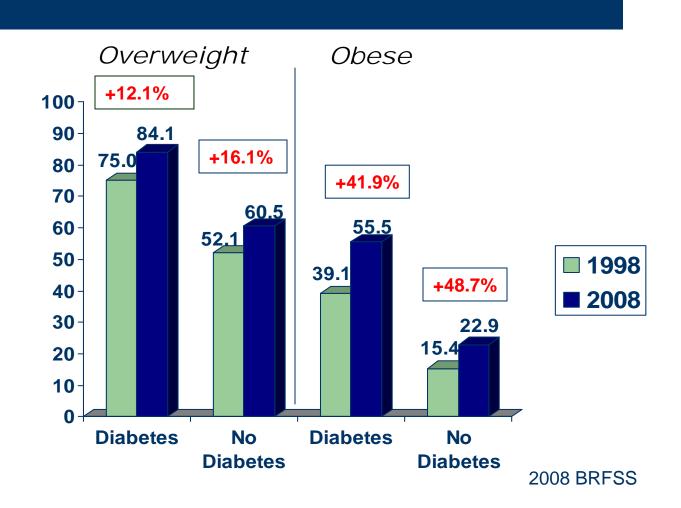
Overweight and Obese

- 6 in ten Idaho residents are overweight.
- This number is over 8 in ten among diabetics.



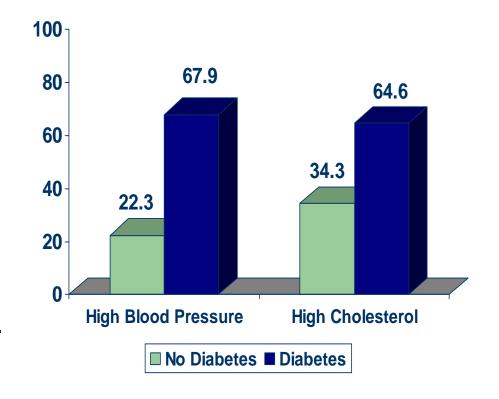
2008 BRFSS

Weight Gain on the Rise



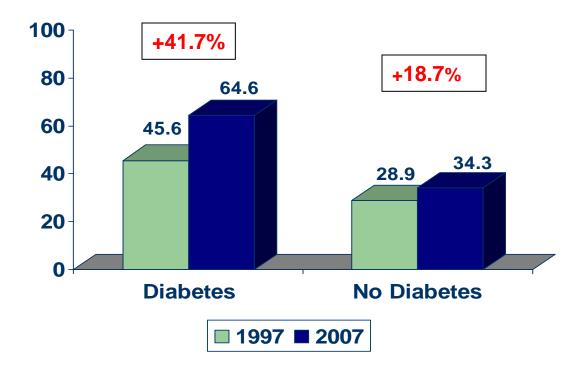
High Blood Pressure & High Cholesterol

- People with diabetes are about three times more likely to suffer from high blood pressure than those without diabetes.
- People with diabetes are about twice as likely to suffer from high cholesterol than those without diabetes.



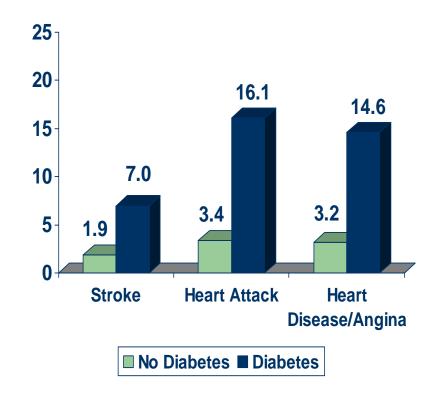
Cholesterol Also on the Rise

Significantly for those with diabetes



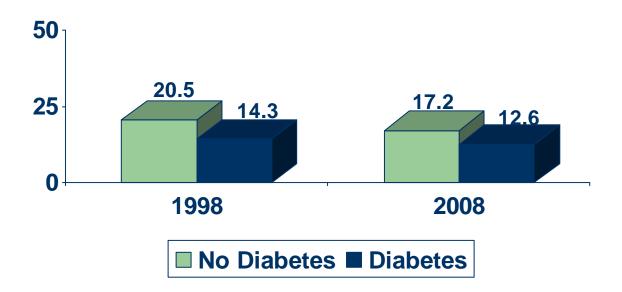
Cardiovascular & Cerebrovascular Disease

- People with diabetes are significantly more like to suffer from
 - stroke
 - heart attack
 - heart disease



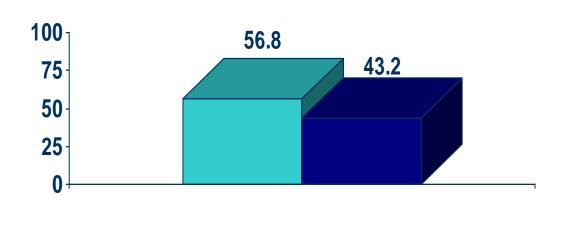
Smoking

• Smoking levels have dropped slightly, but not significantly, across time.



Diabetes Management Class

 Over half have taken a class to help them manage their diabetes. This is not significantly different over time.



■ Taken a class
■ Not taken a class

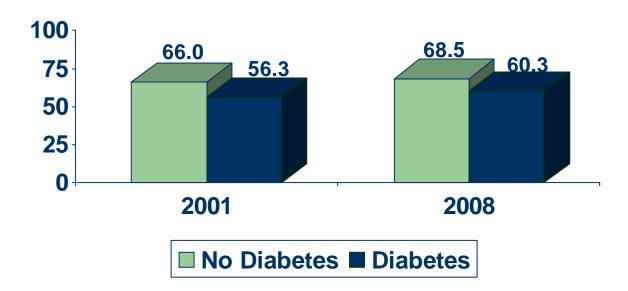
Behaviors by Class Attendance

	Taken class	Have not taken class
Taking insulin	38.2*	15.4
Had foot exam in past year	75.9*	60.8
Had annual dilated eye exam	66.7	58.6
Had A1c twice in past year	68.1	56.9
Obese	57.9	52.3
No leisure time physical activity	34.6	35.2
Annual flu vaccine	65.3	59.5
Pneumonia vaccine ever	63.3	49.7

^{*} Significantly different

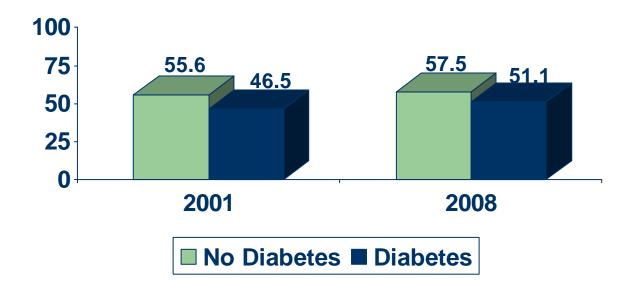
Dental Care

- In 2008, people without diabetes are significantly more likely than diabetics to have visited a dentist in the past year.
- This is consistent with 2001 findings.



Dental Insurance

In 2008, just over half of all adults have dental insurance.
 There is no significant difference by diabetes status.



2008 Results vs. Healthy People 2010 Goals

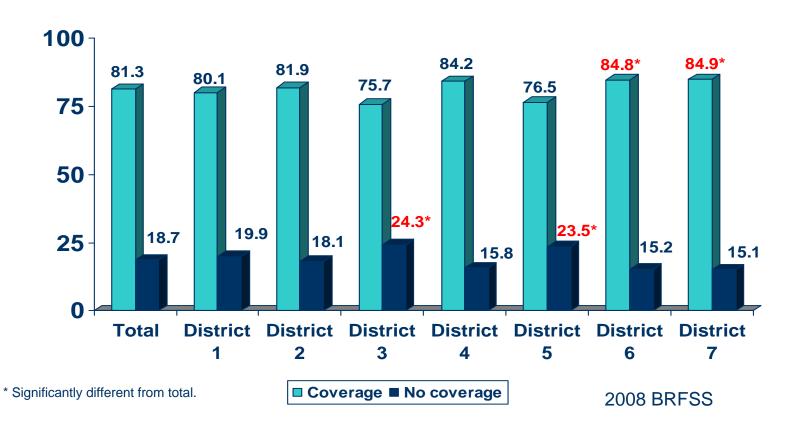
	2008 BRFSS	Healthy People Goal
A1c Check Twice a Year	63.4	61
Check Blood Sugar Daily	57.0	61
Annual Foot Check	69.4	75
Annual Dilated Eye Exam	63.1	76
Dental Exam in Past Year	60.3	75

Health Coverage Analysis

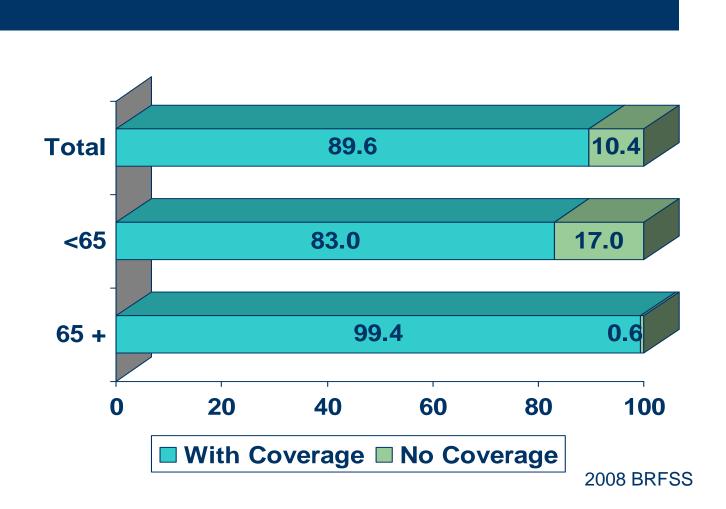
 Aggregated data from 2006 – 2008 BRFSS

Health Care Coverage by District

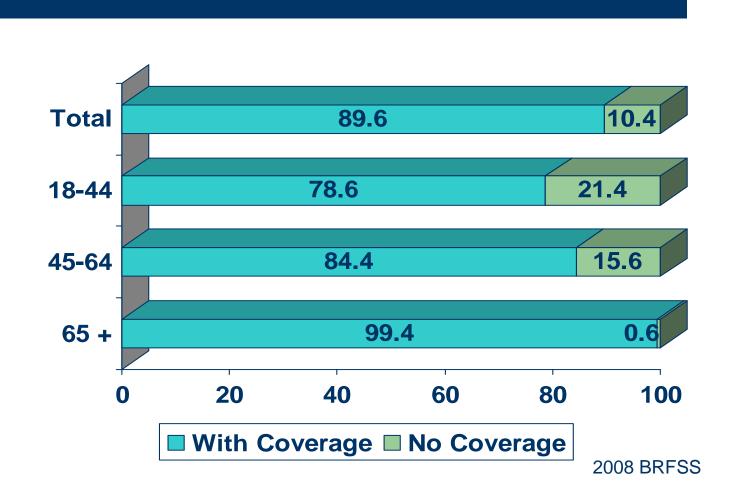
Aggregate 2006-2008 Data



Health Coverage among Adults with Diabetes by Age, 2006-2008 Aggregate



Health Coverage among Adults with Diabetes by Age, 2006-2008 Aggregate



What are the differences between people under 65 with diabetes who...

HAVE health insurance

DO NOT HAVE health insurance?

Demographic characteristics of adults under 65 with diabetes who lack health insurance

More likely to be

- Female (64% have no coverage are female; among those with coverage, 47% are female)
- Hispanic (18% vs. 6%)
- Less than high school graduate (30% vs. 7%)
- Lower income, less than 25K (59% vs. 29%)

Less likely to be

- College Graduate (6% vs. 26%)
- Married (56% vs. 73%)

Health Behaviors and Characteristics of Diabetics Under Age of 65, by Coverage

	No HCC	<u>HCC</u>
No routine checkup in past year	48.7*	20.9
Have not seen a Dr. due to cost	64.0*	16.3
Consider health to be fair or poor	61.4*	40.3
No dental insurance	94.9*	26.9

(Aggregate data 2006-2008 BRFSS)

^{*} Significantly different

Management of Diabetes by Diabetics under 65, by Coverage (Aggregate data 2006-2008 BRFSS)

	No HCC	<u>HCC</u>
Use Insulin	23.7	27.6
Check blood sugar daily	43.4*	60.6
Check feet daily	65.8	60.9
Have annual diabetes exam	73.2*	90.0
A1c check twice a year	40.2*	66.3
Annual eye exam	34.2*	57.4
Taken diabetes management class	57.0	65.8
Been to dentist in past year	36.7*	69.1

^{*} Significantly different.

Top reasons for no health care coverage for diabetics under 65

(Aggregate data 2006-2008 BRFSS)

Couldn't afford premiums 57.4%

Lost job/changed employers 17.3%