Diabetes in Idaho - 2010

BRFSS 2010

Data collected from Behavioral Risk Factor Surveillance System

Idaho Department of Health and Welfare, Division of Public 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 >400,000/yr
 - 7009 Idaho adults (18+) were sampled in 20010
 - Weighted to correct difference in probability of selection. Weighted by age and sex based on population estimates.
 - 500 cell phones interviews in 2010
 - English and Spanish language versions in Idaho

Idaho Behavioral Risk Factor Surveillance System (BRFSS)

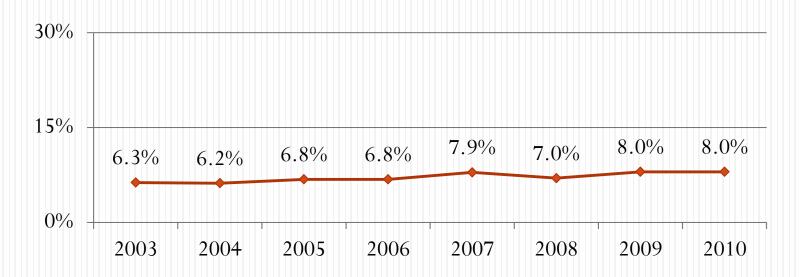
- Data limitations
 - Self reported behaviors
 - Currently excludes those in prisons, dorms, cell phone only households, those who speak languages other than English or Spanish and others who are unable to communicate by telephone

Idaho Diabetes at a Glance

- 8.0% of Idaho adults in 2010 had a lifetime diagnosis of diabetes
 - This translates to approximately 91,000 Idaho adults.
- Roughly 1 in 13 Idahoans have diabetes
- Roughly 1 in 6 Adults aged 65+ have diabetes
- 48.9 is the mean age of diagnosis
- Diabetes affects men and women equally
- Over 86% of those with diabetes are obese or overweight

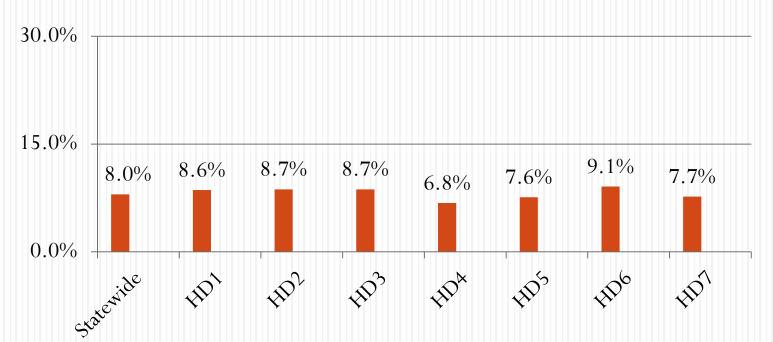
Percent of Idaho Adults with Diabetes

- Diabetes is a growing chronic disease
- Since 2003, there has been significant upward trend in the percentage of Idaho adults diagnosed with diabetes



Diabetes Prevalence by Health District

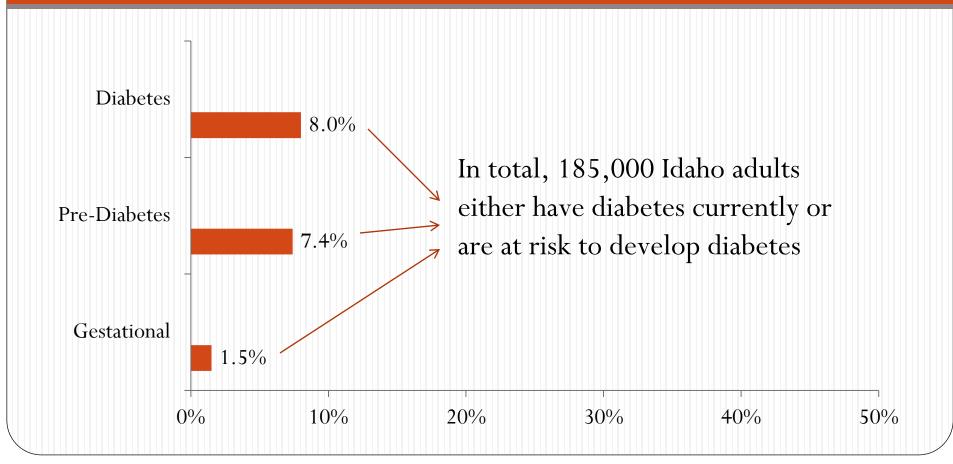
• No public health district had a prevalence of diabetes significantly different from the statewide rate.



Pre-Diabetes, Gestational, & Current Diabetes Among Idaho Adults

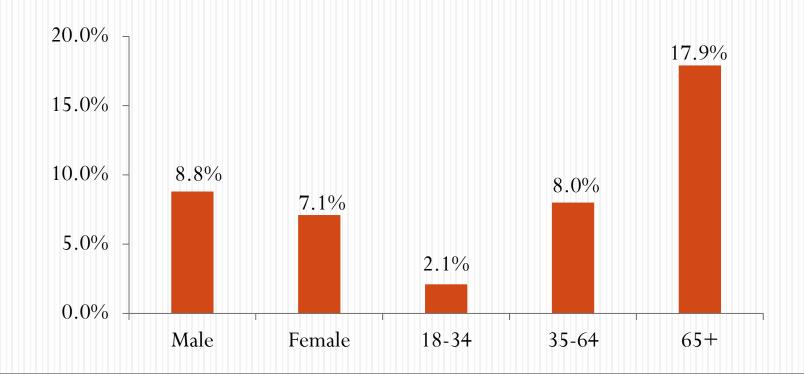
- 7.4% of Idaho adults have been diagnosed with prediabetes, which translates to approximately 78,000 adults.
- Approximately 16,000 women (3%) have been diagnosed with gestational diabetes over the course of their lifetime.
- About 91,000 (8.0%) of Idaho adults currently have diagnosed diabetes.

Pre-Diabetes, Gestational, & Current Diabetes Among Idaho Adults



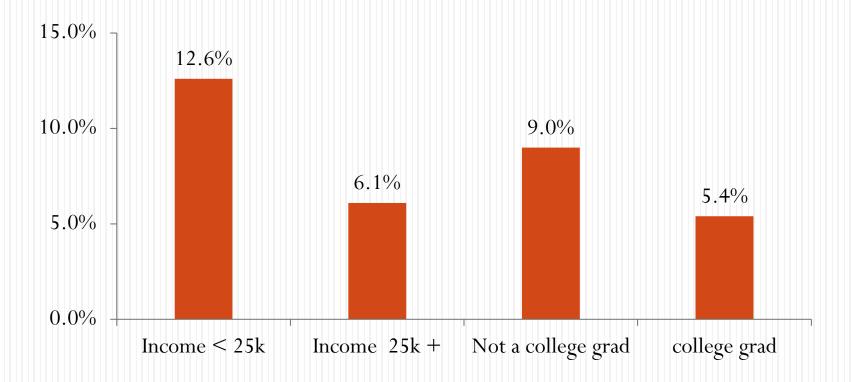
Diabetes Prevalence by Gender and Age

• Diabetes becomes more prevalent with age



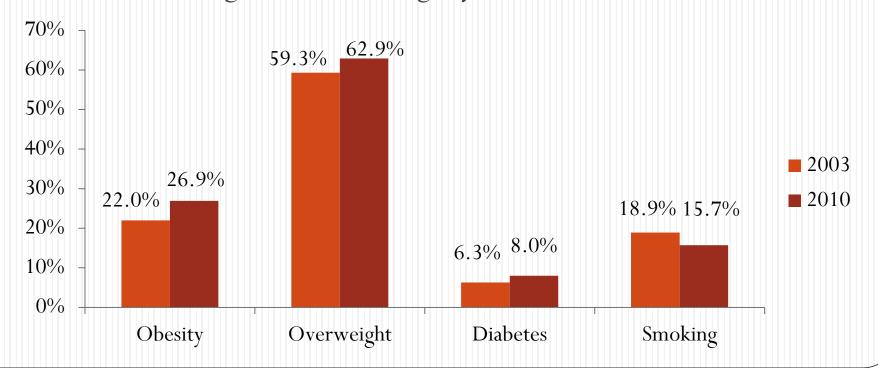
Diabetes Prevalence by Income & Education

Adults with diabetes are more likely to have lower incomes and education



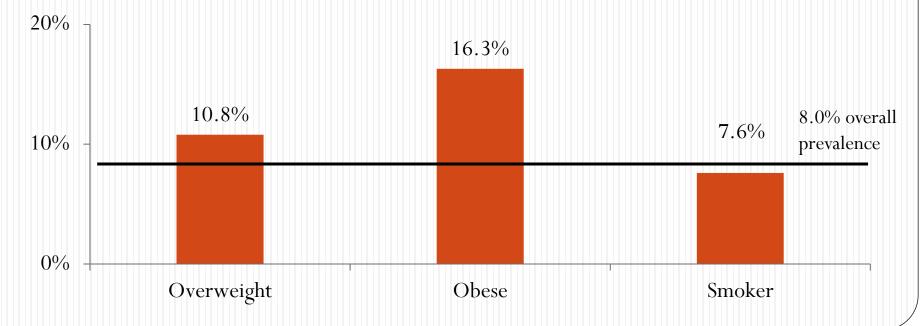
Idaho Risk Factors 2003/2010

 Among total Idaho adults, obesity, overweight, and diabetes are all on the rise, while smoking has declined slightly



Relationship between Diabetes & other Risk Factors and Disease

- How to read this chart:
 - Among total Idahoans, 8.0% have diabetes. Among those with obesity, 16.3% have diabetes.
 - Overall, people with elevated weight have higher prevalence of diabetes.

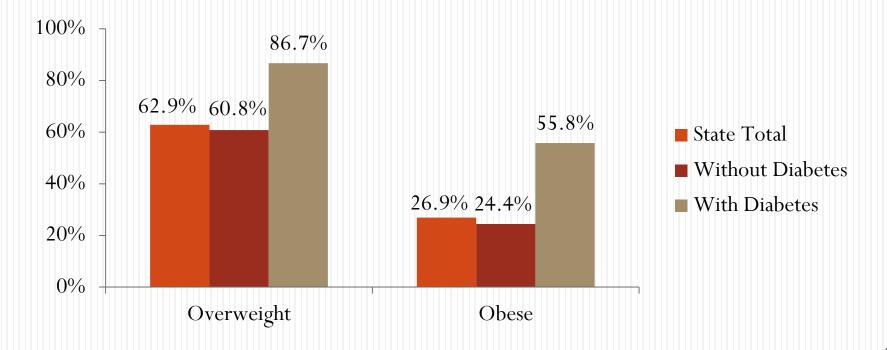


Adults with Diabetes

- Experience higher...
 - Blood pressure*
 - Cholesterol*
 - Weight*
 - Heart Disease and heart attack*
 - Stroke*
- And are less likely to...
 - Visit the dentist
 - Engage in physical activity

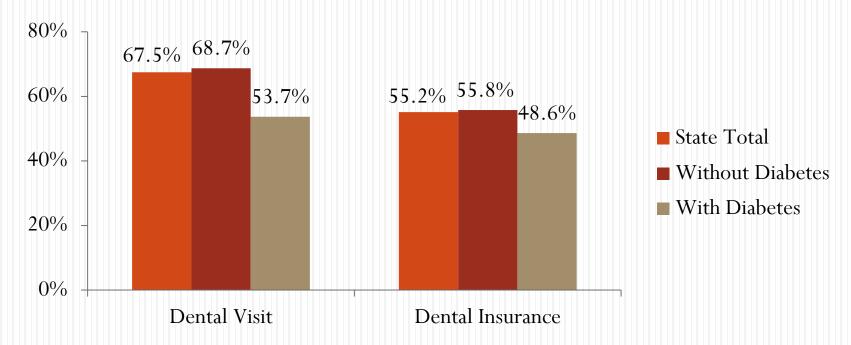
Overweight and Obese

• Idaho adults with diabetes are significantly more likely to be overweight or obese than those without diabetes.



Oral Health

• Idaho adults with diabetes are less likely to have had a dental visit in the past 12 months and are less likely to have dental insurance.



No Leisure Time Physical Activity and Smoking

- People with diabetes are significantly less active than those without diabetes.
- There is no difference in smoking among those with or without diabetes.

