

Diabetes in Idaho

Data from the
Behavioral Risk Factor Surveillance System (BRFSS), 2009

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Behavioral Risk Factor Surveillance System (BRFSS)

- **State-based system of health surveys established in 1984 by CDC and state health departments.**
 - Idaho was among the original 15 states that conducted BRFSS
 - Now conducted in all 50 states, D.C., and U.S. territories
 - Primary funding source is a CDC grant
 - Idaho BRFSS receives additional funding from DHW programs and Public Health Districts

- **Ongoing random telephone survey**
 - Largest telephone survey in the world >260,000/year
 - 5390 landline interviews conducted in Idaho in 2009
 - >250 cell phone interviews in 2009
 - English and Spanish language versions in Idaho

BRFSS 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.**
- **“Cross-Sectional” Data**
 - **Associations, no causation.**

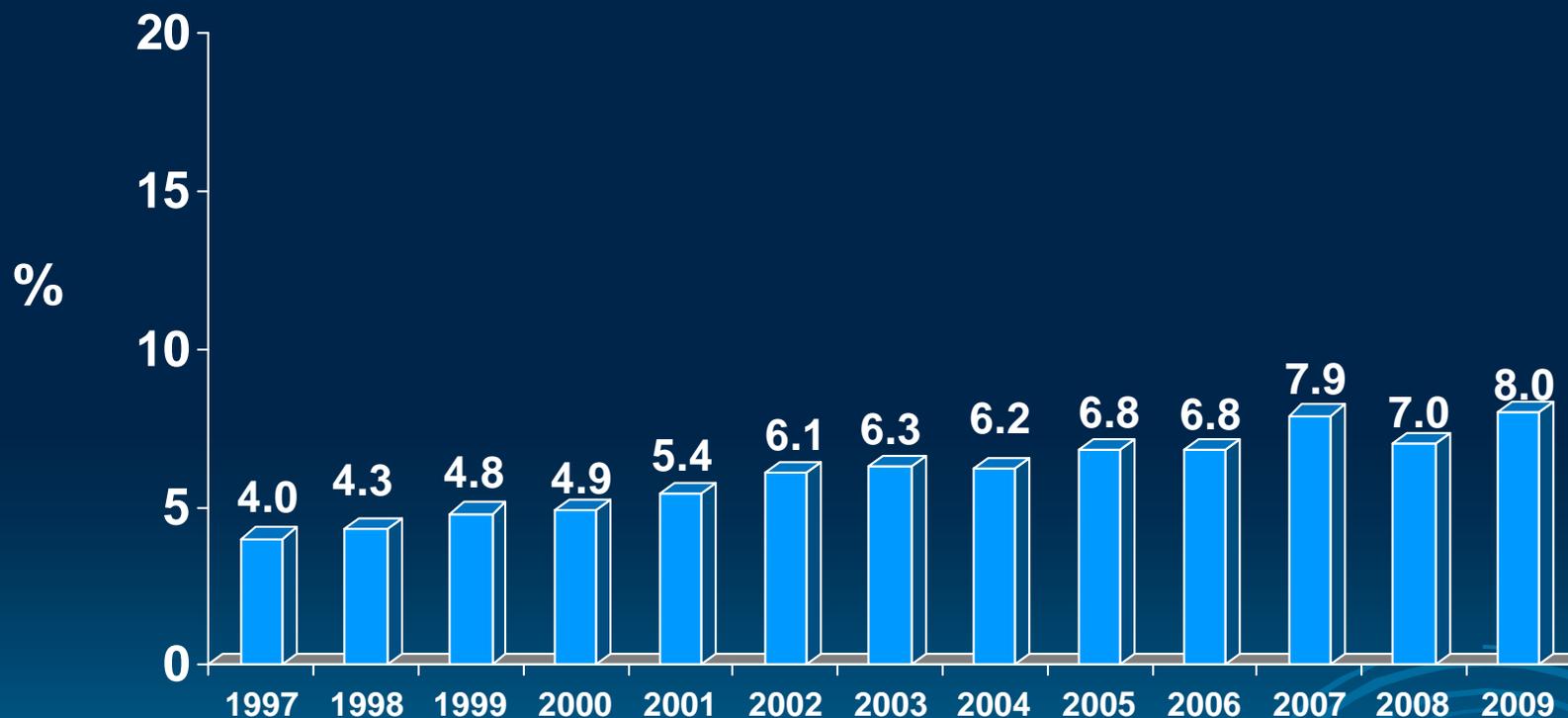
Diabetes and Pre-Diabetes, 2009

- **8.0%** of Idaho adults diagnosed with diabetes.
 - Approximately **90,000** people or
 - About **1 in 13** adults have been diagnosed

- **5.3%** of Idaho adults diagnosed with pre-diabetes.
 - Approximately **60,000** people or
 - About **1 in 19** adults have been diagnosed

Diabetes in Idaho, 1997 - 2009

- 100% increase in diabetes prevalence since 1997.

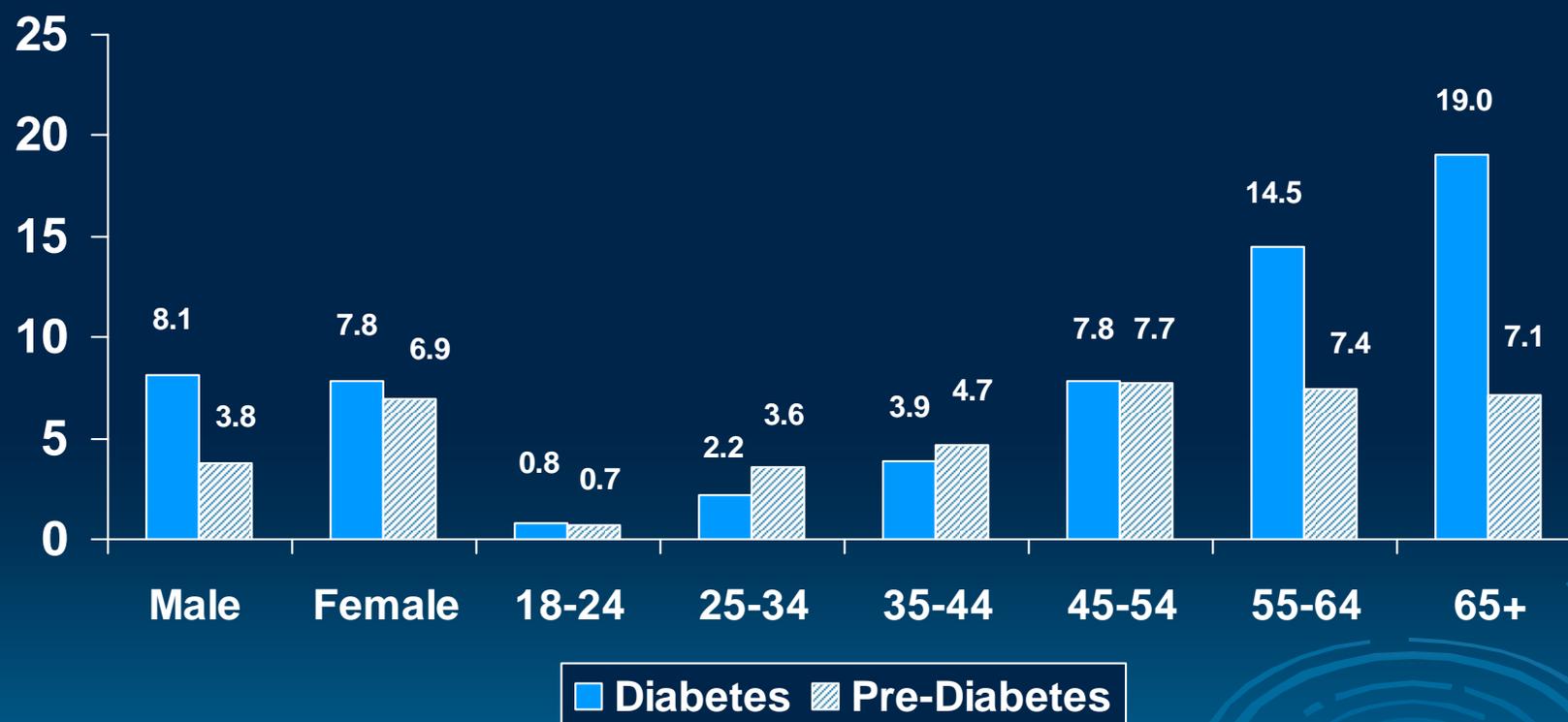


Diabetes Prevalence by Age 1997 and 2009

- Prevalence increased in every age group.

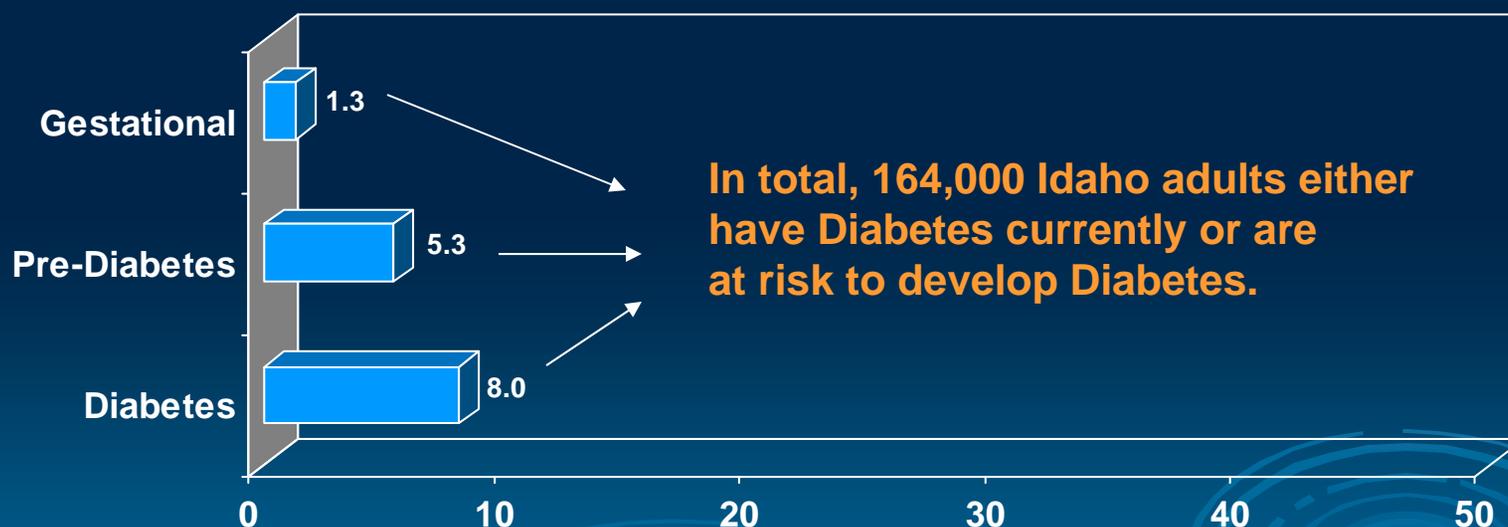
	1997	2009	Percent Increase
Idaho Prevalence	4.0	8.0	100%
18 – 24	0.4	0.8	100%
25 – 34	1.2	2.2	83%
35 – 44	1.7	3.9	129%
45 – 54	2.8	7.8	179%
55 – 64	7.2	14.5	101%
65+	11.6	19.0	64%

Diabetes and Pre-Diabetes, 2009



Pre-Diabetes, Gestational & Current Diabetes Among Idaho Adults

- Over 5% of Idaho adults have been diagnosed with pre-diabetes, which translates to approximately 60,000 adults.
- Approximately 14,000 women (1.3%) have been diagnosed with gestational diabetes.
- About 90,000 (8%) Idaho adults currently have diagnosed diabetes.



Prevalence Data of Diabetes ABCS

- A1c Check Twice a Year 63.4%[†]
- Hypertension
 - % of Idahoans with Hypertension who have been diagnosed with diabetes 20.5%*
- High Cholesterol
 - % of Idahoans with High Cholesterol who have been diagnosed with diabetes 18.5%*
- Smoking
 - % of Idahoans who smoke who have been diagnosed with diabetes 7.8%

† = 2008 BRFSS

* = Statistically Significant

Key Points: Diabetes in Idaho, 2009

- Prevalence up 100% since 1997.
- Prevalence significantly higher for ages 55+ (almost 1 of 5 adults over age 65).
- Prevalence up in every age group since 1997.
- Obesity up 25% overall since 1997.
1 of 5 Idaho adults were obese in 2009.
- 90,000 Idaho adults diagnosed with diabetes.

Questions?

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“Measure what is measurable and make measurable what is not so.” -Galileo Galilei