

# Diabetes in Idaho - 2009

## **BRFSS 2009**

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

For more information on this study, please contact (208) 332-7326.

# 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
  - 5,390 Idaho adults (18+) were sampled in 2009
  - 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.

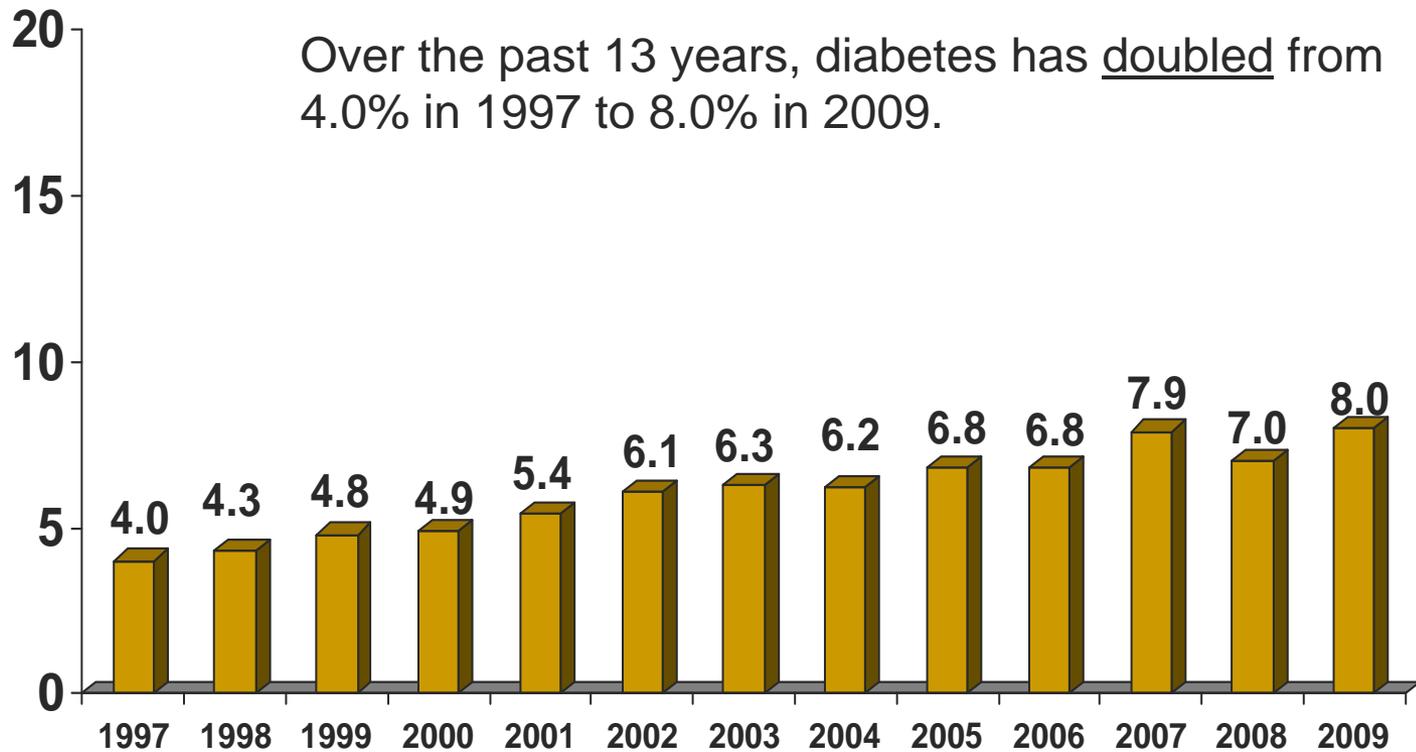
# Idaho Diabetes at a Glance

- 8.0% of the adult population in Idaho have been diagnosed with diabetes
  - This translates to approximately 90,000 people.
- Almost 1 in 12 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

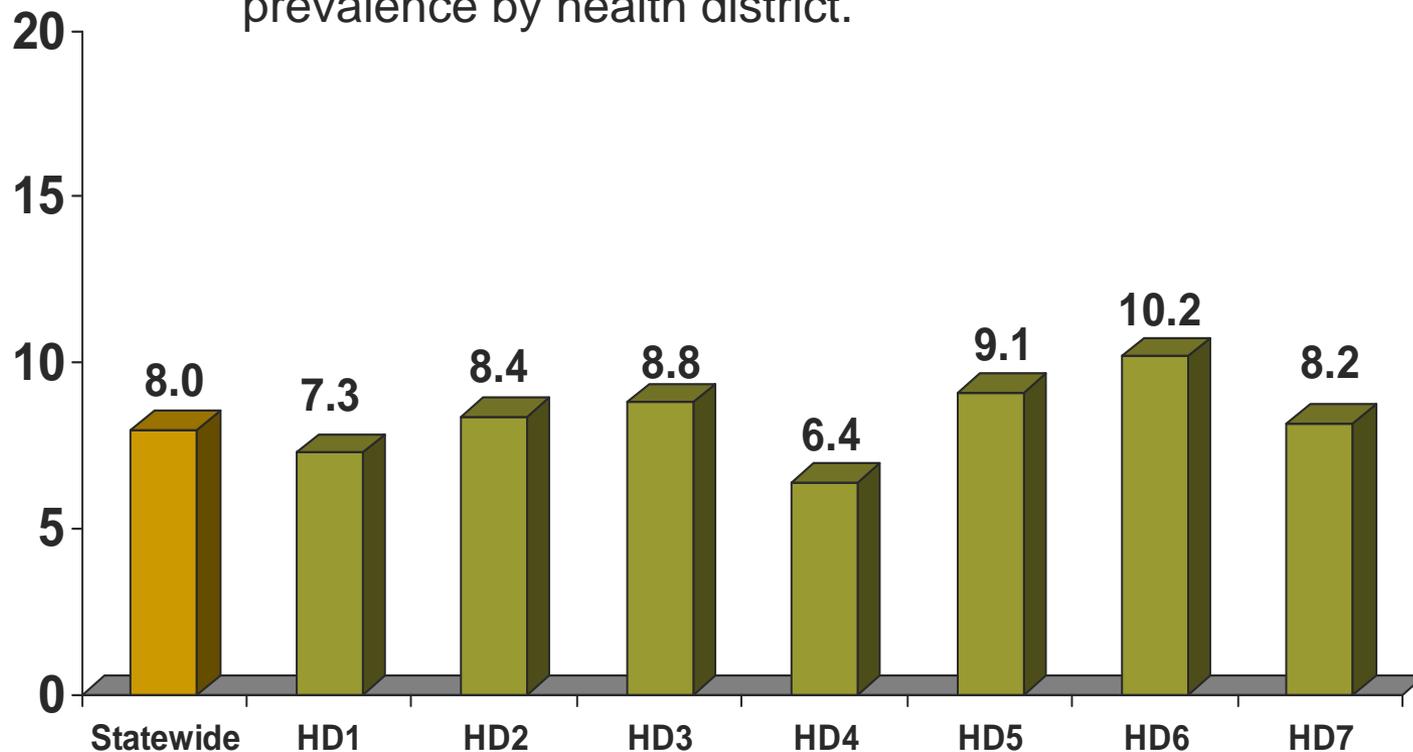
Diabetes is a growing chronic disease.

Over the past 13 years, diabetes has doubled from 4.0% in 1997 to 8.0% in 2009.



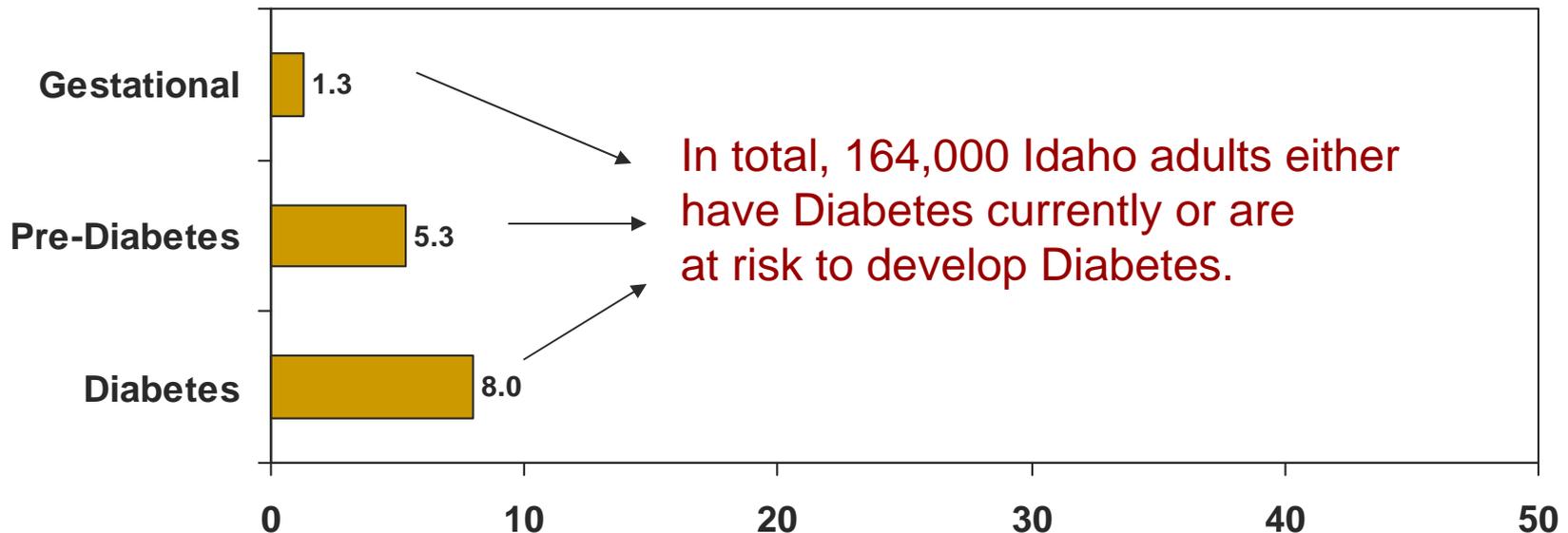
# Diabetes Prevalence by Health District

There is no significant difference in diabetes prevalence by health district.



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

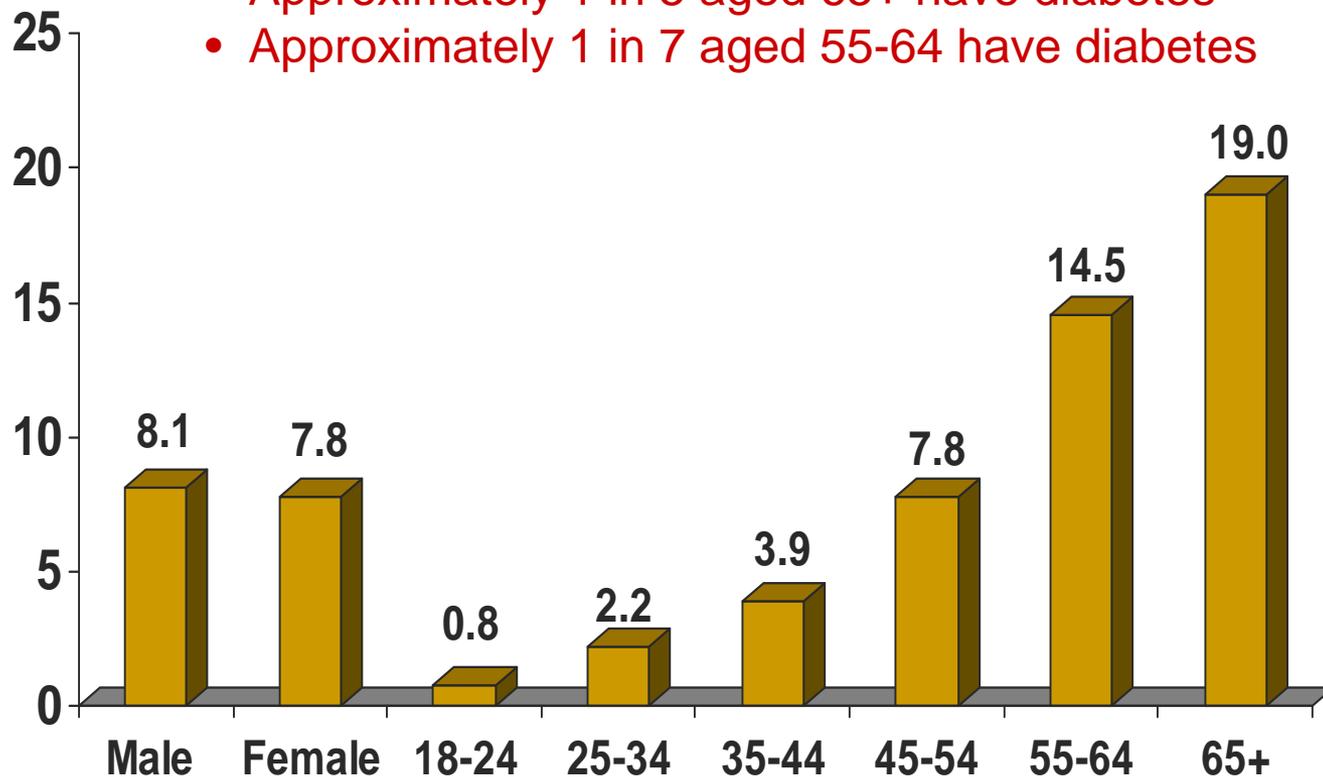
- Over 5% of Idaho adults have been diagnosed with pre-diabetes, which translates to approximately 60,000 adults.
- Approximately 14,000 women (1.3%) have been diagnosed with gestational diabetes.
- About 90,000 (8%) Idaho adults currently have diagnosed diabetes.



# Diabetes by Gender and Age

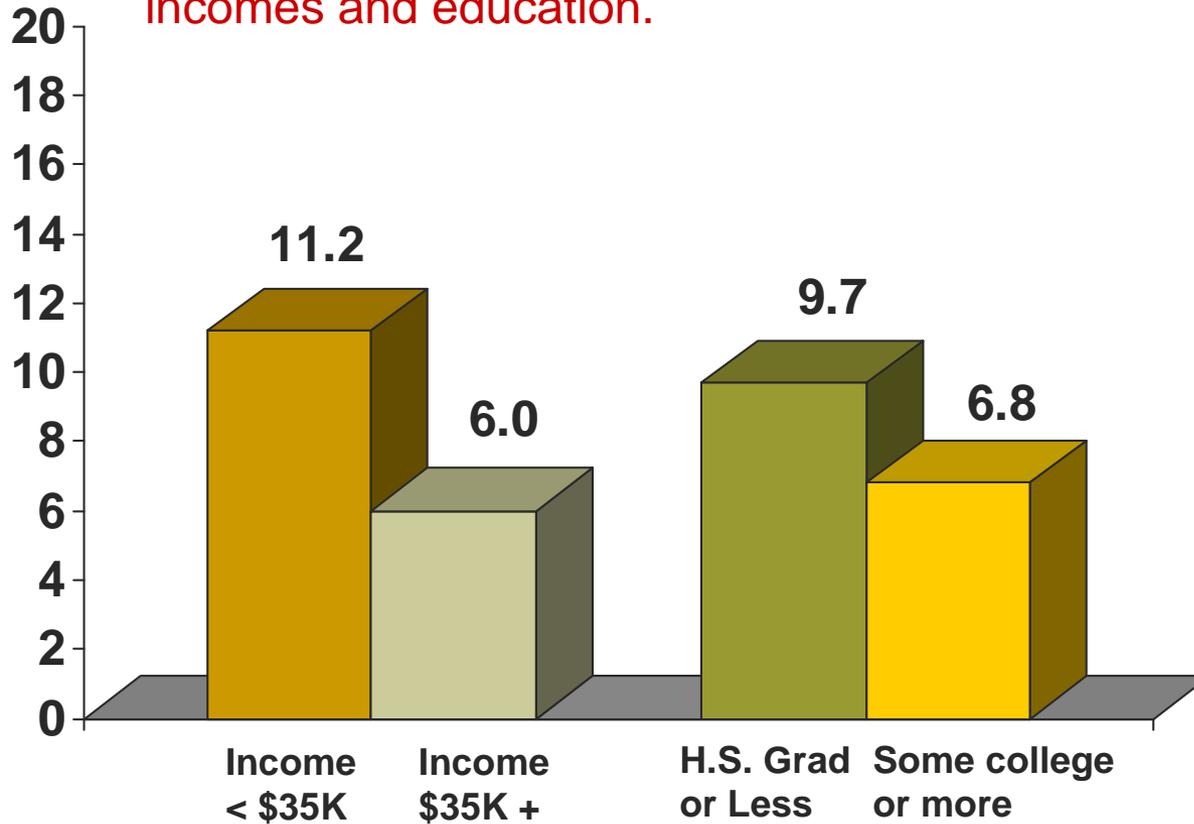
Diabetes becomes more prevalent with age

- Approximately 1 in 5 aged 65+ have diabetes
- Approximately 1 in 7 aged 55-64 have diabetes



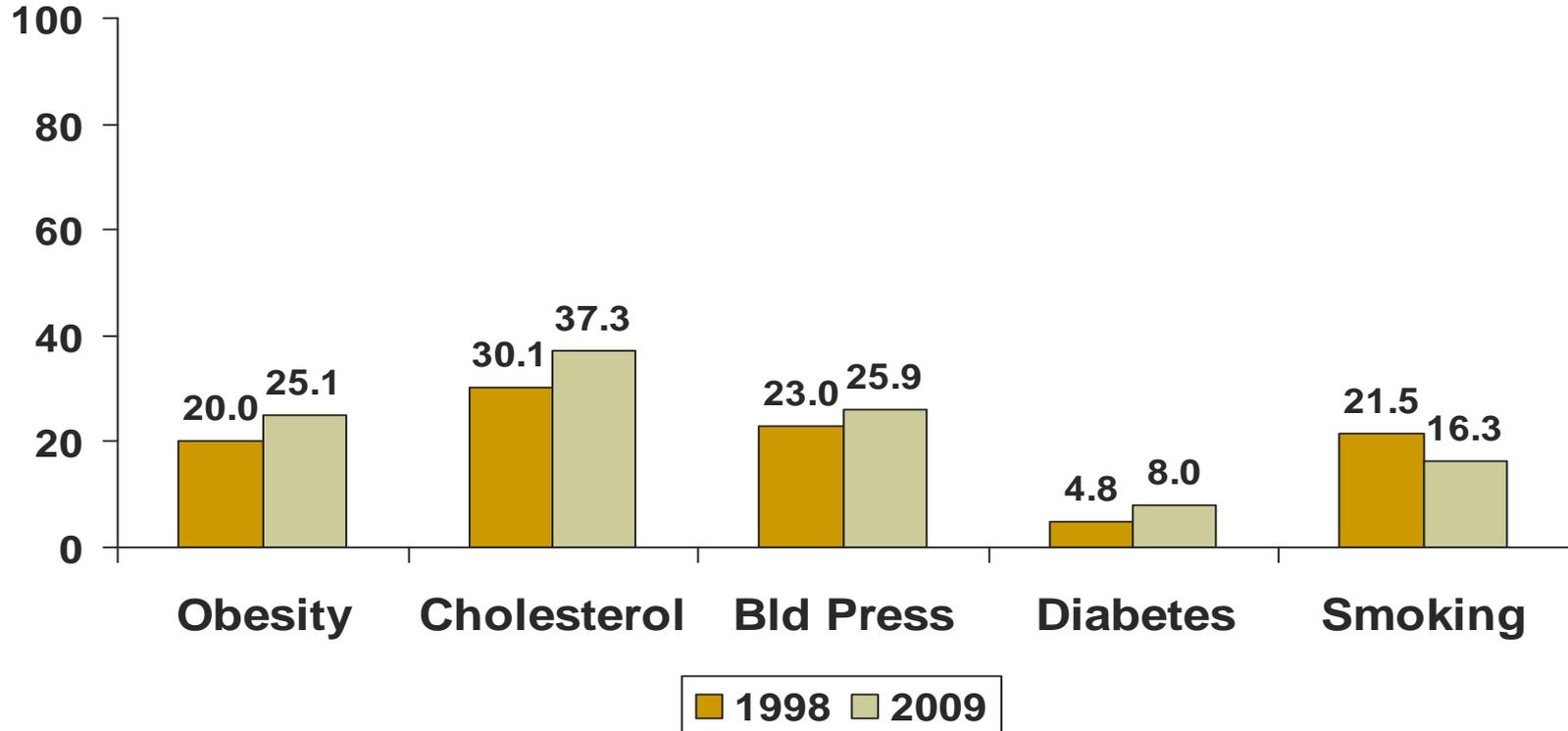
# Diabetes by Income & Education

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



# Risk Factors Across Time

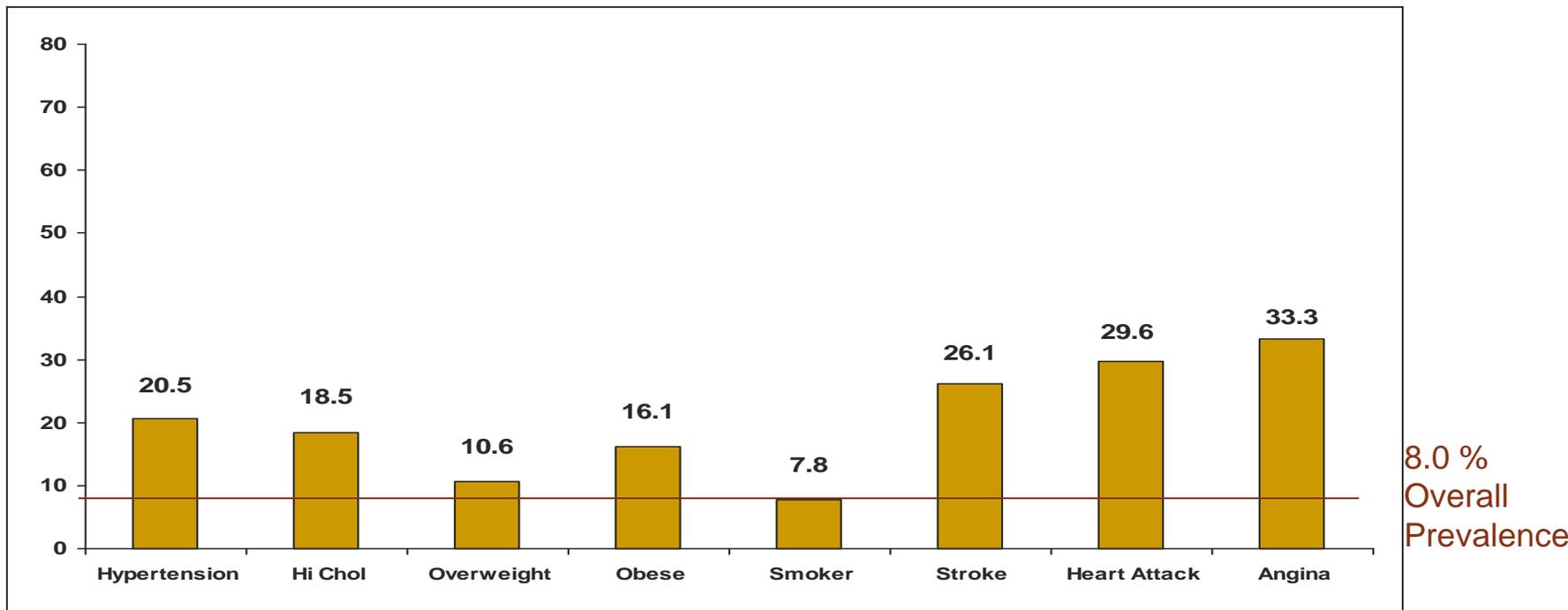
Among Total Idaho Adults, Cholesterol, Blood Pressure, Obesity and Diabetes are all on the rise, while Smoking has declined slightly.



# Relationship between Diabetes and other Risk Factors and Disease

How to read this chart:

- Among total Idahoans, 8% have diabetes. Among those with hypertension, 20.5% have diabetes.
- Overall, people with high blood pressure, cholesterol, elevated weight and experience with stroke, heart disease or heart attack have higher prevalence of diabetes.

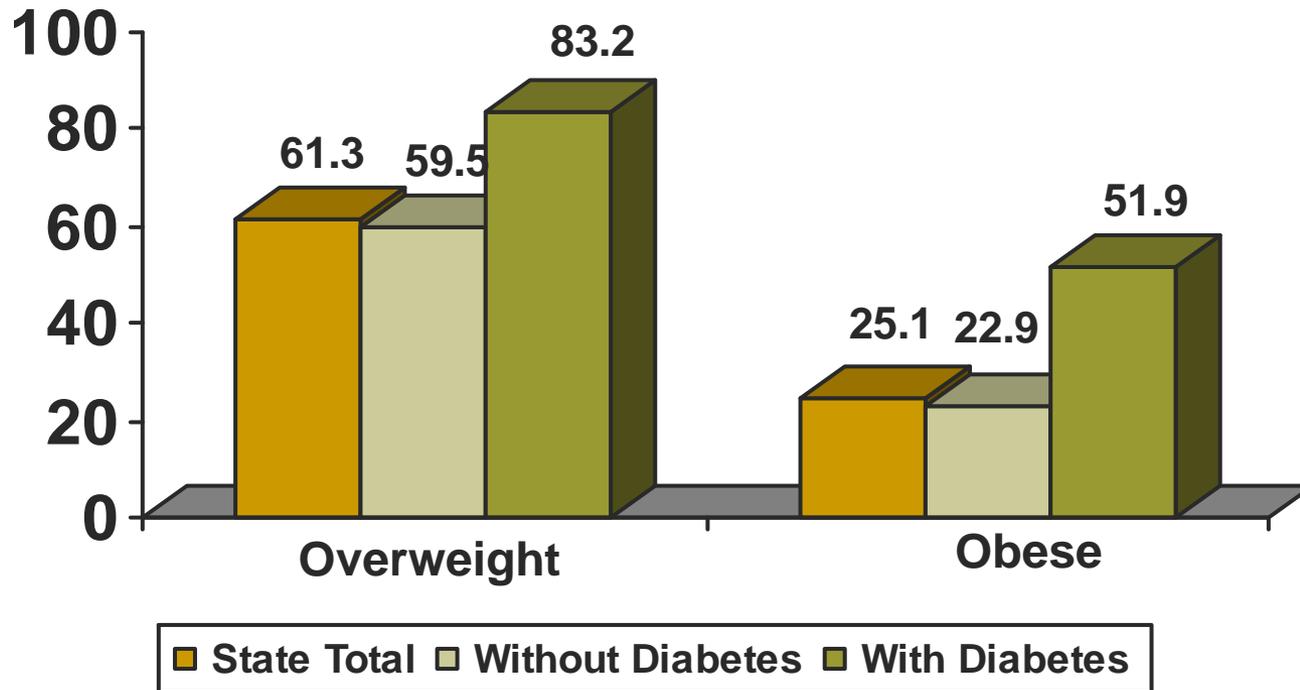


# Adults with Diabetes

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

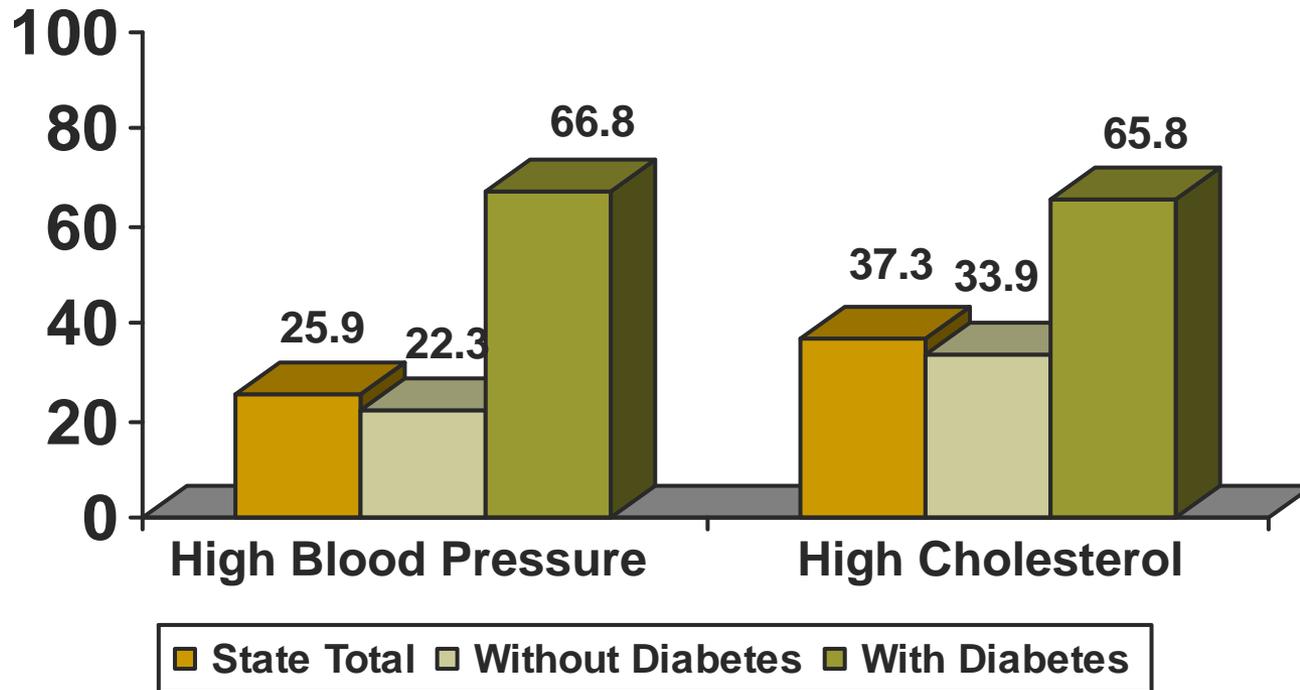
# Overweight and Obese

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



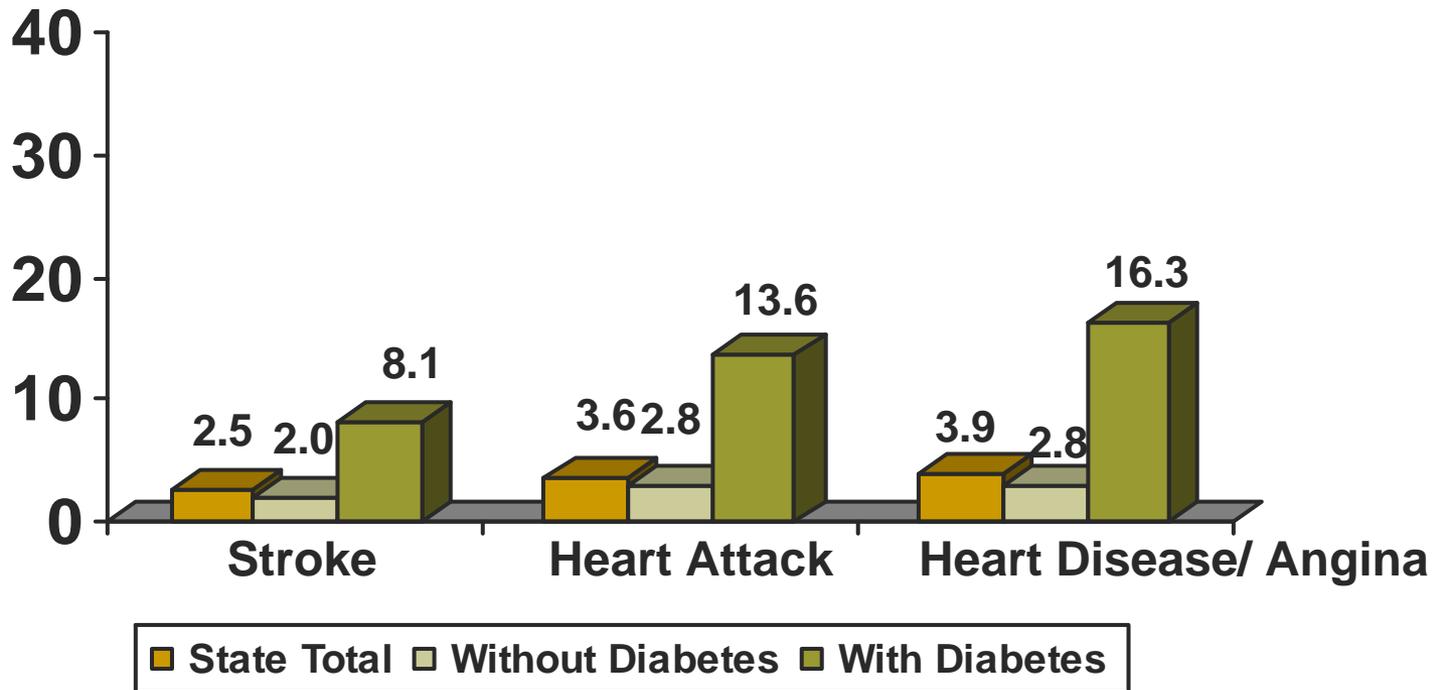
# Blood Pressure & Cholesterol

Compared to people without diabetes, adults with diabetes are much more likely to suffer from high blood pressure and/or cholesterol.



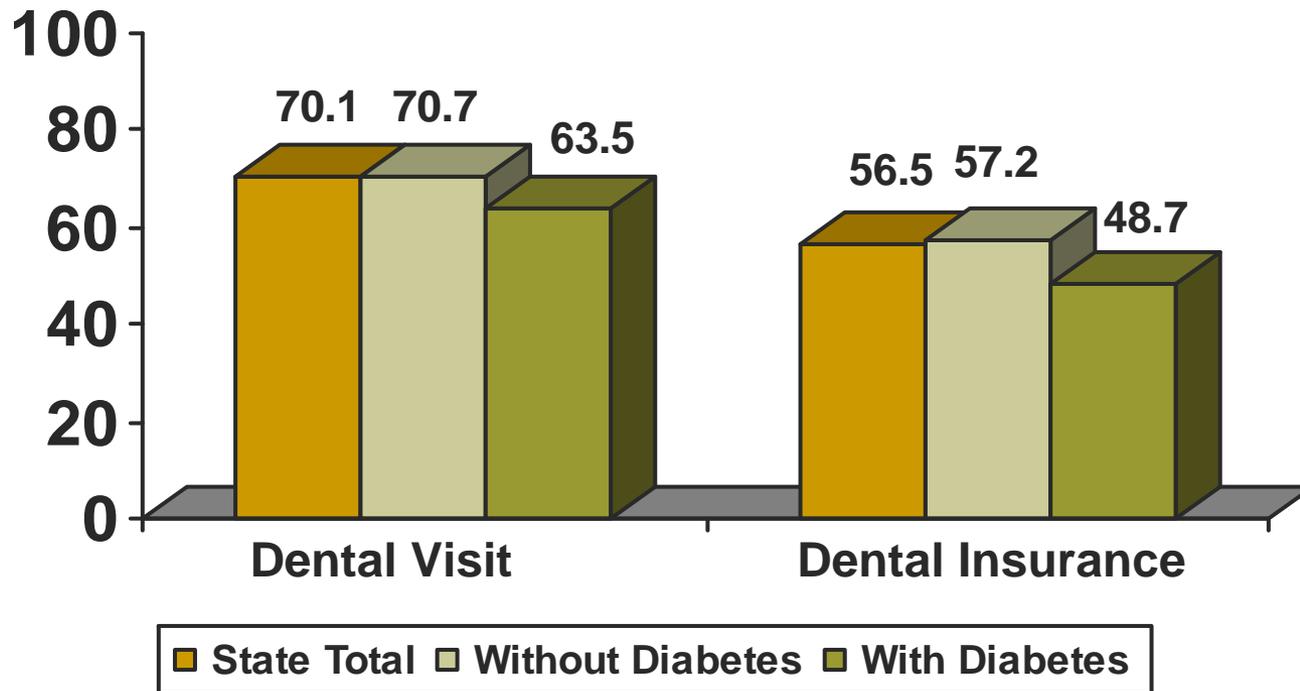
# Cardiovascular & Cerebrovascular Disease

Idaho adults with diabetes are significantly more likely to suffer a stroke, heart attack or experience heart disease than those without diabetes.



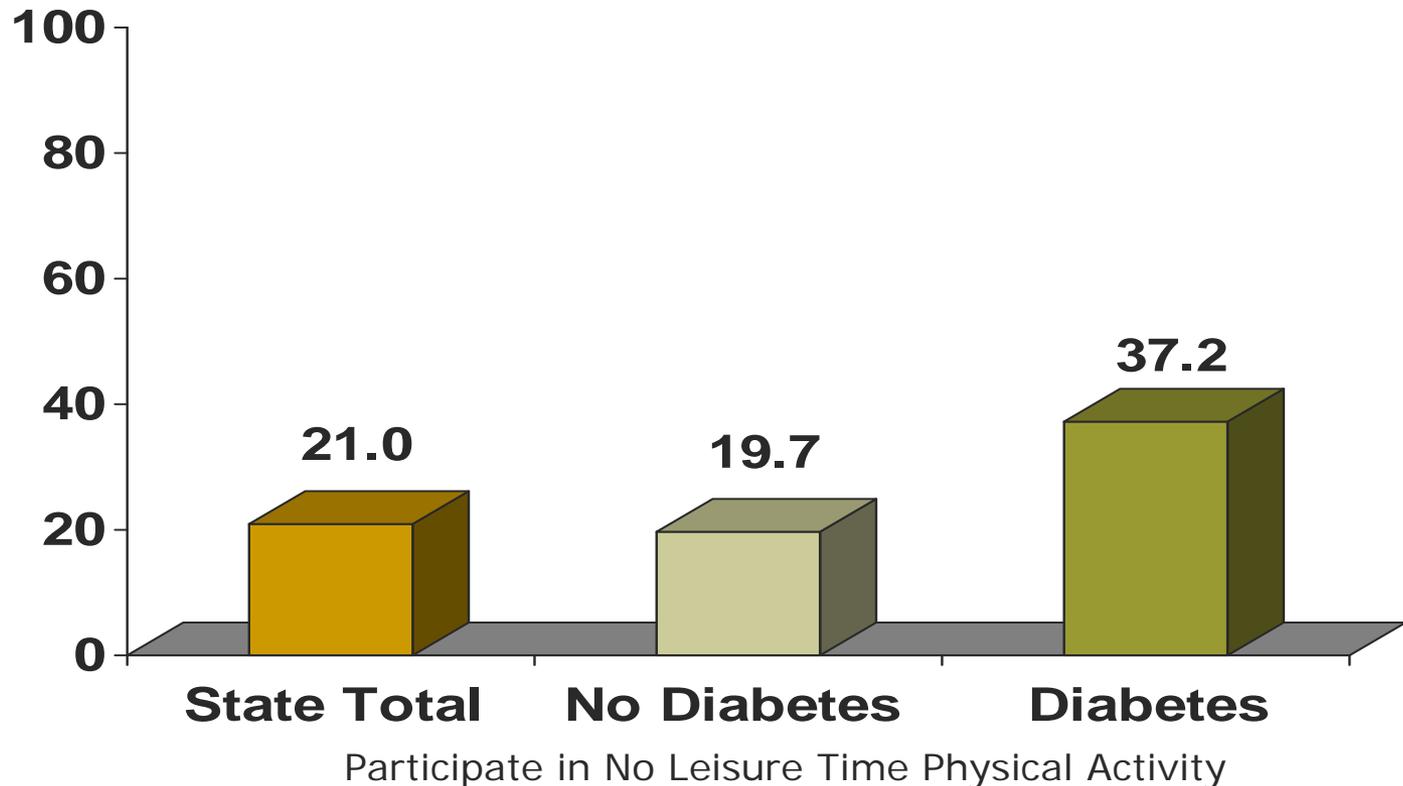
# [ Oral Health ]

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.



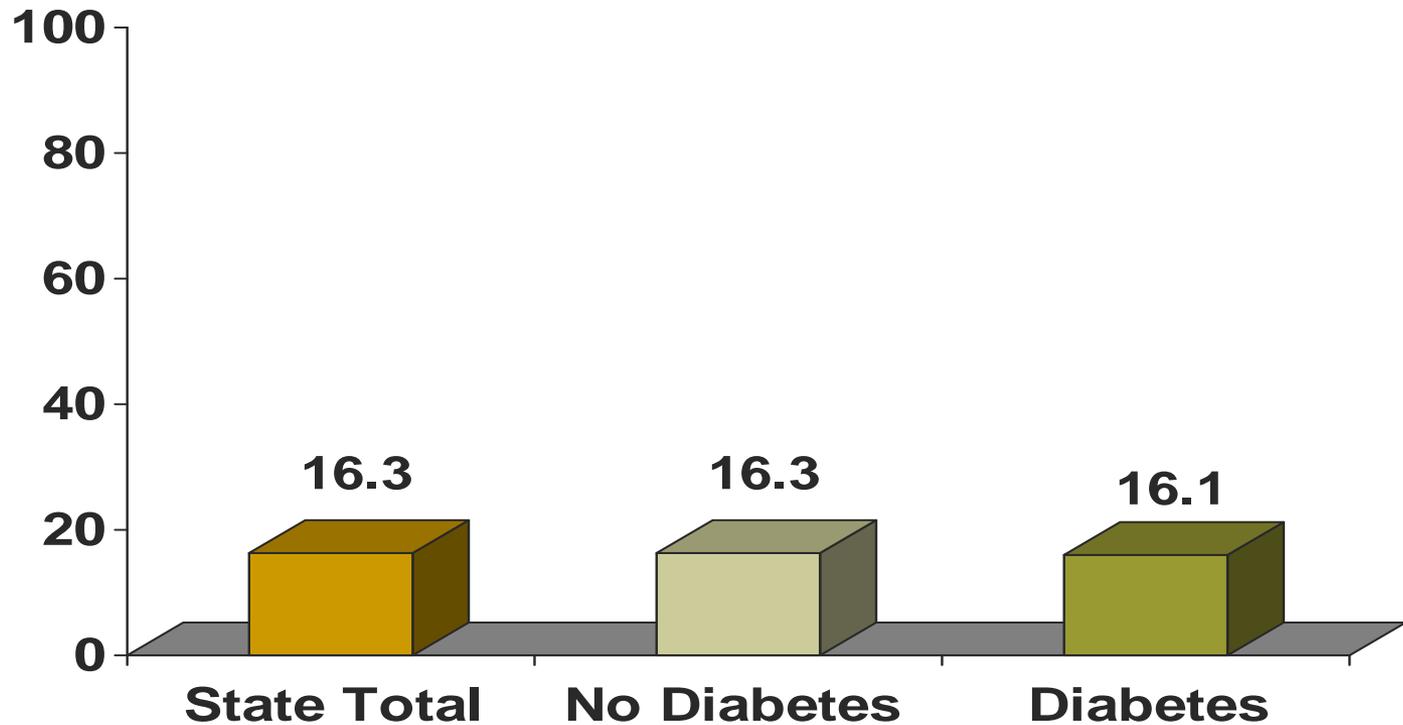
# Leisure Time Physical Activity

People with diabetes are significantly less active than those without diabetes.



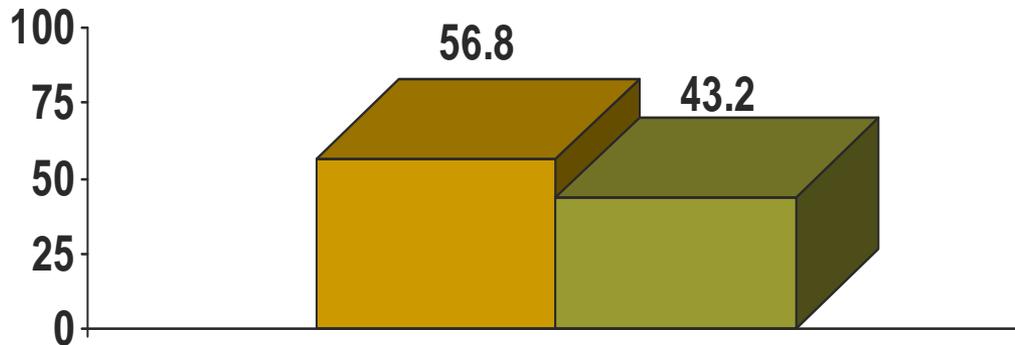
# [ Smoking ]

There is no difference in smoking among those with or without diabetes.



# Diabetes Management Class

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



Note: This data is from the 2008 BRFSS

■ Taken a class ■ Not taken a class

# Behaviors by Class Attendance

	Taken class	Have not taken class
Taking insulin	<b>38.2*</b>	15.4
Had foot exam in past year	<b>75.9*</b>	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

Note: This data is from the 2008 BRFSS

2009 BRFSS, Idaho Dept. of Health and  
Welfare, Division of Public Health, Bureau of  
Vital Records and Health Statistics

# 2008 Results vs. Healthy People 2010 Goals

In 2008, Idaho met the Healthy People Goal for A1c checks.

	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

Note: This data is from the 2008 BRFSS