

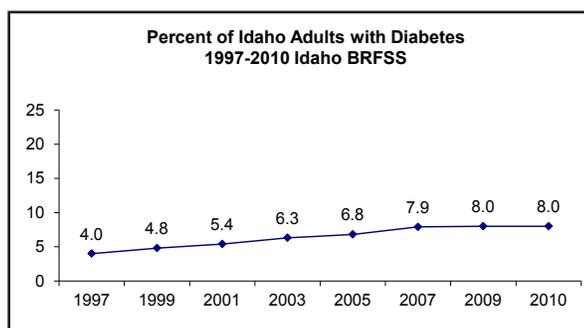
IDAHO DIABETES DATA

Idaho Diabetes Prevention and Control Program

Diabetes, Heart Disease and Stroke in Idaho Behavioral Risk Factor Surveillance System (BRFSS) 2010¹

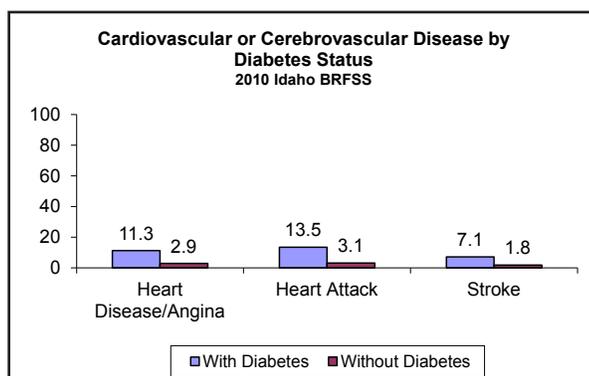
Diabetes on the rise in Idaho

- In 2010, approximately 90,000, or **8%** of Idaho adults 18 years or older, reported ever being told by a doctor they have diabetes (not including gestational diabetes).
- Since 1997, diabetes in Idaho has doubled from **4%**.



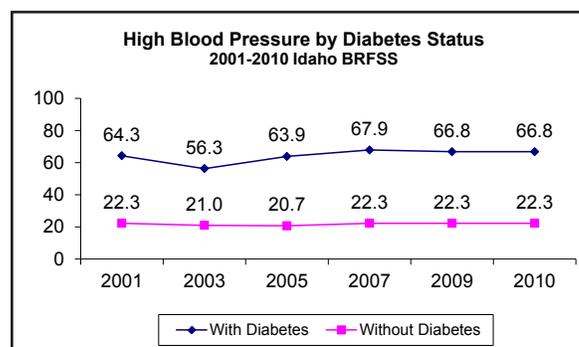
Cardiovascular and Cerebrovascular Disease more likely among those with Diabetes

- Idaho adults aged 18+, who reported being diagnosed with diabetes, had a significantly higher prevalence of heart disease, heart attack, and stroke than Idaho adults who were not diagnosed with diabetes.
- In 2010, **11%** of Idaho adults with diabetes indicated they had heart disease or angina, compared to **3%** of Idaho adults without diabetes.
- Similarly, **14%** of those with diabetes have had a heart attack compared to **3%** of those without diabetes.
- **7%** of Idaho adults with diabetes have had a stroke compared to **2%** of Idaho adults without diabetes.



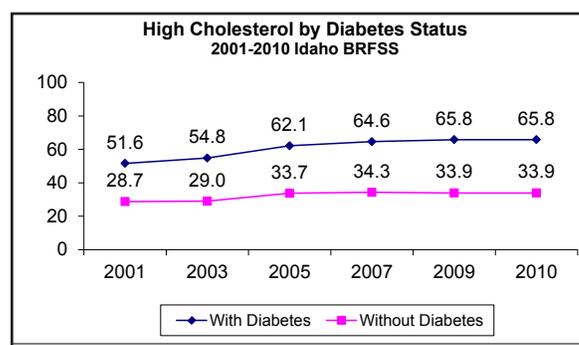
Diabetes and High Blood Pressure

- In 2010, an Idaho adult who reported being diagnosed with diabetes was three times more likely to have also reported having high blood pressure than an Idaho adult who did not report being diagnosed with diabetes. Specifically, **67%** of Idaho adults with diabetes have high blood pressure, compared to **22%** of those who do not have diabetes.
- In the U.S., blood pressure control reduces the risk of cardiovascular disease (heart disease or stroke) among people with diabetes by 33% to 50%, and the risk of microvascular complications (eye, kidney, and nerve diseases) by approximately 33%.²



Diabetes and High Cholesterol

- High cholesterol is on the rise among all Idaho adults.
- Idaho adults with diabetes are almost twice as likely to have reported having high cholesterol than adults without diabetes – **66%** compared to **34%** in 2010.
- High cholesterol among adults with diabetes has increased **28%** since 2001.
- Among Idaho adults without diabetes, **34%** have high cholesterol, an increase of **18%** since 2001.



What is the Link Between Diabetes and Heart Disease and Stroke?

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both.² It is the seventh leading cause of death in Idaho and can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.³

The coexistence of type 2 diabetes and hypertension is especially damaging to cardiovascular health. Type 2 diabetes and hypertension result in abnormalities in central and peripheral parameters of cardiovascular structure and function.⁴ Impaired glucose tolerance nearly doubles stroke risk as compared with patients with normal glucose levels and triples the risks for patients with diabetes.

Recommendations

The American Diabetes Association (ADA) encourages all people with diabetes to take control of the “ABCs” of diabetes. ADA Clinical Practice Recommendations are available on the Association’s web site at www.diabetes.org/diabetescare. The Idaho Adult Type 2 Diabetes Clinical Practice Guidelines are available at www.diabetes.idaho.gov.

A = A1C. The A1C test is a measure of the average blood glucose over the previous three months and indicates how well the individual is managing his or her diabetes.

General goal: <7%
Individual patient goal: as close to normal as possible while avoiding hypoglycemia.⁷

B = Blood pressure should be measured at every routine diabetes visit. If necessary, patients should be counseled on lifestyle modification and medication adherence.

General goal: <130/80 mmHg
Individualize goals as necessary.⁷

Age-specific incidence rates and rate ratios show that diabetes increases ischemic stroke incidence at all ages.⁵

At least 65% of people with diabetes die of some form of heart disease or stroke. Heart disease death rates among adults with diabetes are two to four times higher than the rates for adults without diabetes.⁵

The current approach to prevention of Cardiovascular Disease (CVD) includes lifestyle modification for all adults and medical therapy for those with CVD risk factors (hypertension, hypercholesterolemia, or diabetes).⁶

C = Cholesterol. LDL (Low-density lipoprotein), the bad cholesterol, is a risk factor for heart disease and stroke. Statin therapy should be added to lifestyle therapy, regardless of baseline lipid levels, for all diabetic patients over the age of 40 with one or more CVD risk factors.⁸

General goal: LDL = < 100 mg/dl; <70 mg/dl if CVD or at risk
HDL = men: > 40 mg/dl; women: > 50 mg/dl⁶

S = Smoking. Smoking cessation counseling and other forms of treatment should be included as a routine component of diabetes care.⁸ More information about quitting can be found at www.projectfilter.org.

All health care providers, including behavioral health specialists, certified diabetes educators, dental professionals, dietitians, eye specialists, pharmacists, and podiatrists play a vital role in helping patients control the ABCs of diabetes. Because poorly managed insulin levels and high blood pressure and cholesterol have negative consequences for many of the body’s systems, a comprehensive participation of all health care professionals is key to optimal health for people with diabetes.

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For more information about the burden of diabetes in Idaho or to discuss ways the Diabetes Prevention and Control Program can assist you in your diabetes education and management efforts, contact the **Idaho Diabetes Prevention and Control Program - 208.334.4928; hartmanm@dhw.idaho.gov**, or the **Bureau of Vital Records and Health Statistics - 208-334-5769**.

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