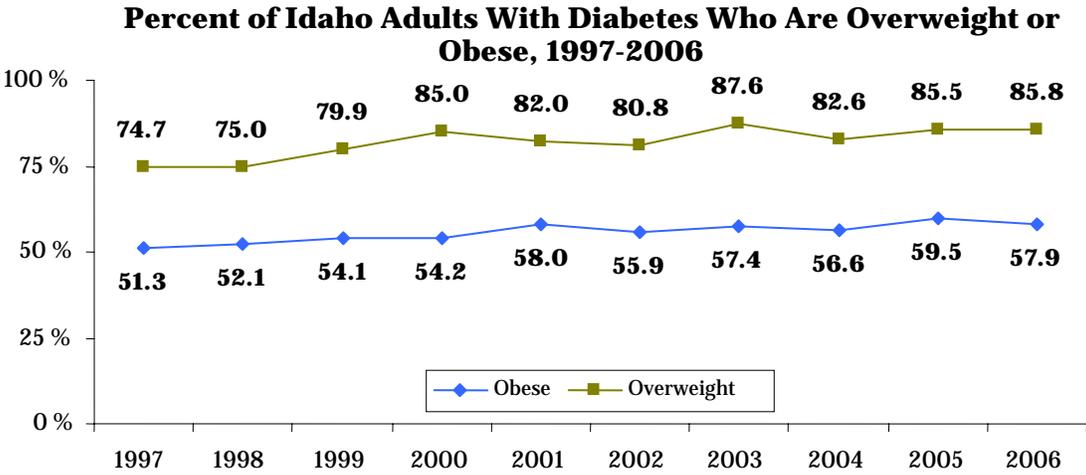


# Diabetes and Overweight in Idaho, 2006

Diabetes is a disease where the body does not appropriately use insulin, a hormone needed to convert sugar and starch into energy. Pre-diabetes is a condition in which blood sugar levels are elevated, but not high enough to be diagnosed as diabetes.<sup>1</sup> In 2006, 6.8 percent of Idaho adults had been diagnosed with diabetes and 5.8 percent had been diagnosed with pre-diabetes.

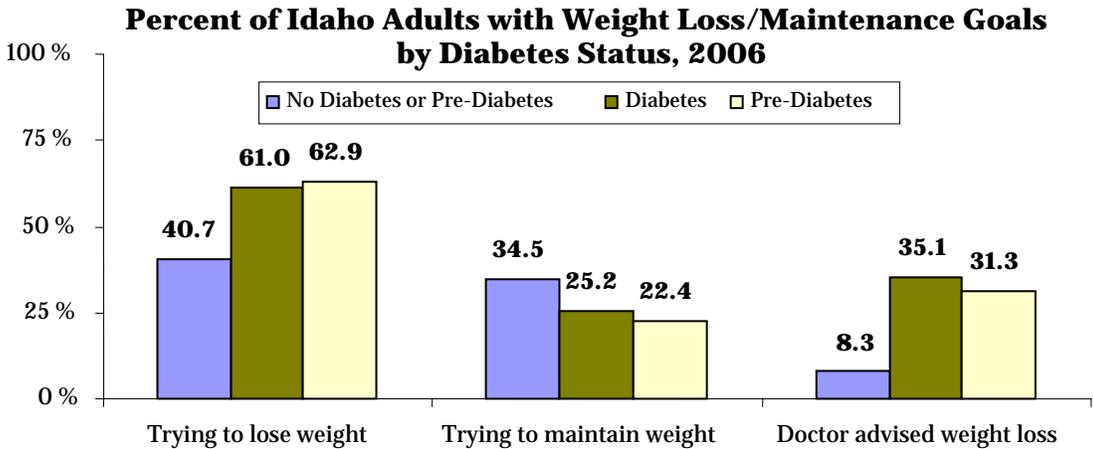
## Are Idaho Adults With Diabetes More Likely To Be Overweight Than Those Without Diabetes?

**Answer: Yes** In 2006, 85.8 percent of Idaho adults with diabetes were overweight (BMI $\geq$ 25), while 57.9 percent were obese (BMI $\geq$ 30). Among adults with pre-diabetes, 82.7 percent were overweight and 56.4 percent were obese. By comparison, 56.7 percent of adults without diabetes or pre-diabetes were overweight and 20.7 percent were obese. Maintaining a healthy weight is important for people with diabetes. It allows for more effective natural insulin, decreasing reliance on diabetes medication.<sup>2</sup>



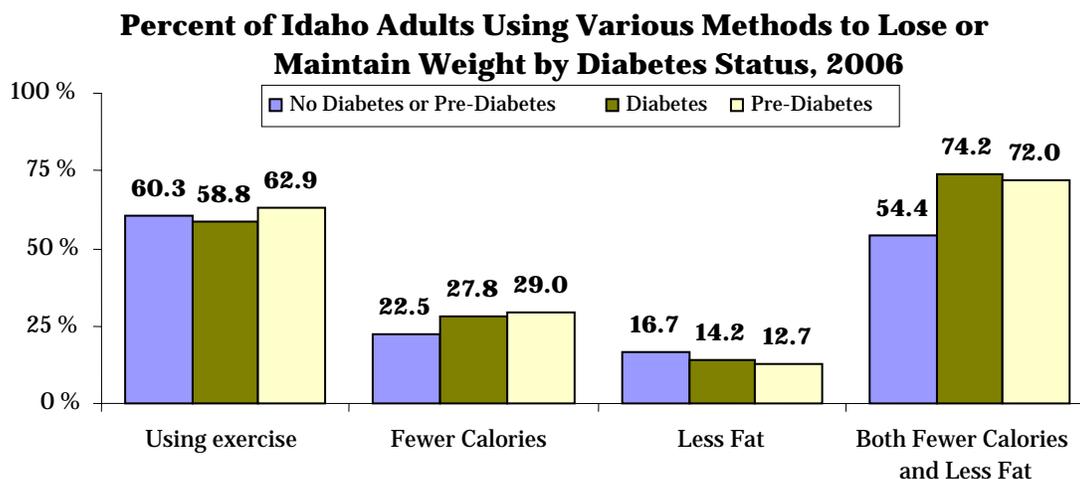
## Are Idaho Adults With Diabetes Trying to Achieve a Healthier Weight?

**Answer: Yes** Idaho adults with diabetes and pre-diabetes were significantly more likely to be trying to lose weight than adults without either condition. In addition, approximately one-third of Idaho adults with diabetes (35.1 percent) and pre-diabetes (31.3 percent) were advised to lose weight by their doctor, compared with fewer than one-tenth (8.3 percent) of adults without pre-diabetes or diabetes.



## What Methods Are Idaho Adults With Diabetes Using to Lose or Maintain Their Weight?

**Answer: Eating Both Fewer Calories and Less Fat** Although more adults with diabetes and pre-diabetes reported trying to lose weight than adults without these conditions, there were no statistically significant differences in using exercise to accomplish this goal. There was also no difference between groups in eating either fewer calories or less fat. However, almost three-fourths of adults with diabetes (74.2 percent) and pre-diabetes (72.0 percent) were eating both fewer calories and less fat, whereas 54.4 percent of adults without diabetes or pre-diabetes were. This was a statistically significant difference.



## What Health Complications Do Idaho Adults With Diabetes Who Are Overweight Have?

**Answer: Cardiovascular and Cerebrovascular Diseases** Overweight Idaho adults with pre-diabetes were twice as likely to have been diagnosed with heart disease (6.8 percent), heart attack (6.3 percent), and stroke (5.6 percent) as adults without either pre-diabetes or diabetes (3.1 percent, 3.1 percent, and 1.8 percent respectively). Overweight adults with diabetes were more than three times as likely to have been diagnosed with heart disease (12.1 percent), heart attack (13.7 percent), or stroke (6.5 percent) as overweight adults without either diabetes or pre-diabetes.

**Answer: "Poor" or "Fair" General Health** More than two-in-five (43.8 percent) overweight adults with diabetes reported "poor" or "fair" general health, compared with one-in-five (20.3 percent) overweight adults with pre-diabetes and just over one-in-ten (12.3 percent) overweight adults without diabetes or pre-diabetes.

**Answer: Limited Activities** One-half (50.4 percent) of overweight adults with diabetes reported that their activities were limited due to health problems. This was statistically higher than the 20.5 percent of overweight adults without diabetes or pre-diabetes who reported limited activities.

**Answer: Health Problems That Require Special Equipment** Twenty percent (20.4 percent) of overweight adults with diabetes had health problems that required the use of special equipment such as a cane, wheelchair, a special bed, or a special telephone. Only half as many overweight adults with pre-diabetes required the use of special equipment (10.0 percent) and 4.2 percent of overweight adults without diabetes or pre-diabetes required the use of special equipment.

### References:

1. American Diabetes Association. 'All About Diabetes.' <http://www.diabetes.org/about-diabetes.jsp>. Retrieved March 20, 2008.
2. American Diabetes Association. 'How to Prevent Pre-Diabetes.' <http://www.diabetes.org/pre-diabetes/what-you-can-do.jsp>. Retrieved March 20, 2008.



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