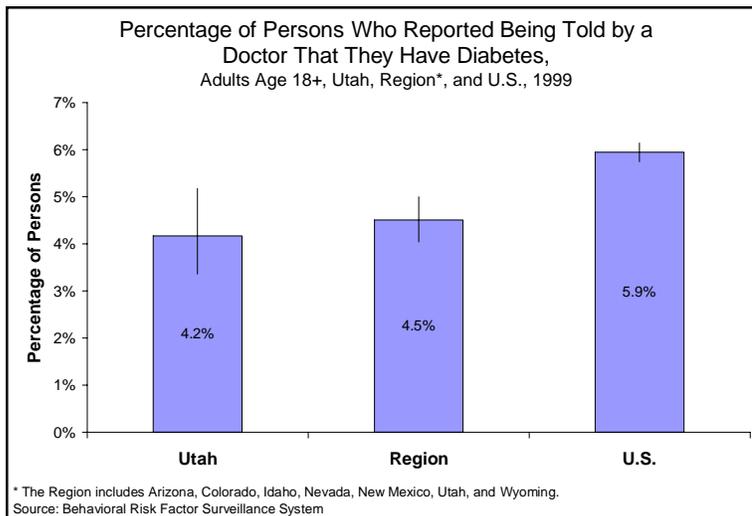


Diabetes

Question: Have you ever been told by a doctor that you have diabetes?

Diabetes is a chronic metabolic disease and is the seventh leading cause of death in the United States. It takes two forms: Type 1 and Type 2. Type 1 occurs when the pancreas does not produce any insulin. Type 2 occurs when the body cannot effectively use insulin to process glucose for energy and is strongly related to family history, lack of exercise, and being overweight. Diabetes is increasingly common in the United States and the world. The BRFSS only reports prevalence based on self-reported diagnosis by a physician. It is estimated that between 30-50% of those people with diabetes are not aware that they have it. It must be kept in mind that the BRFSS reports data for those 18 years and older while the Healthy People objectives include all age groups.



- The estimated percentage of Utah adults who reported doctor-diagnosed diabetes increased from 3.1% in 1989 to 4.2% in 1999. This was not a statistically significant change.
- For the Region and the U.S., there was a significant overall linear increase in the percentage of adults who reported doctor-diagnosed diabetes. However, there also was a significant non-linear trend which is consistent with the change in direction of the trends over the 11 year period.
- From 1989 through 1999, Utah adult diabetes prevalence was similar to the Region and lower than the U.S.

Utah Objective: Reduce diabetes to a prevalence of no more than 25 per 1,000 people.

HP2000 Goal 17.11: Reduce diabetes to an incidence of no more than 2.5 per 1,000 people and a prevalence of no more than 25 per 1,000 people (includes all ages).

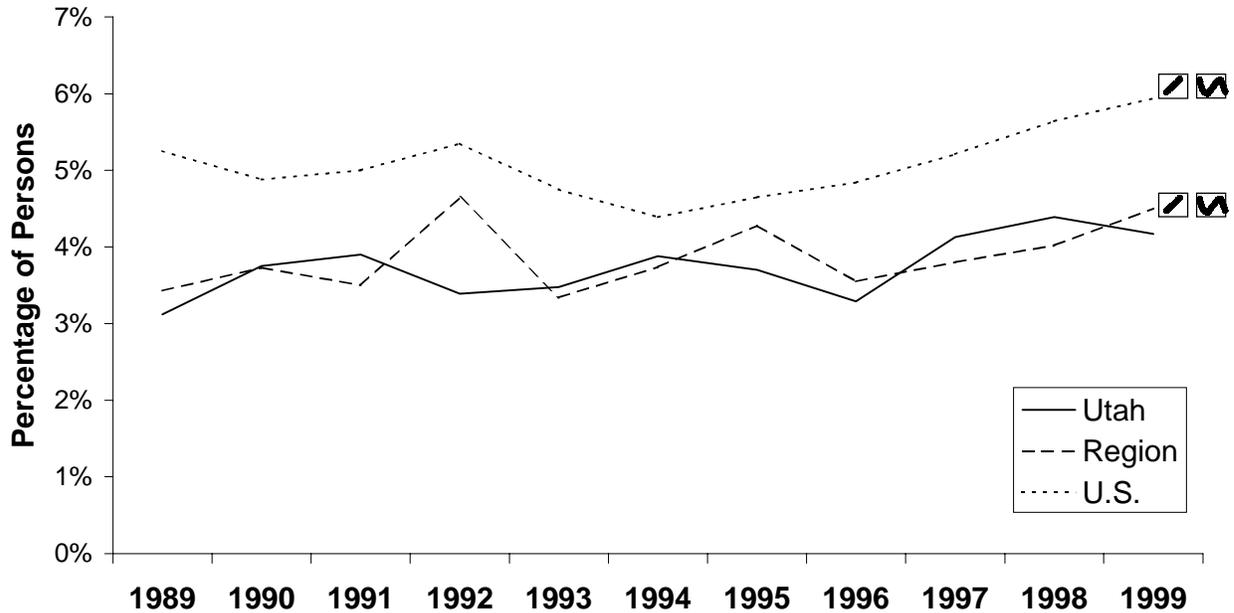
HP2010 Goal 5-3: Reduce the overall rate of diabetes that is clinically diagnosed to 25 overall cases per 1,000 population (includes all ages).

CDI 43: Diabetes prevalence among adults (proportion of respondents age 18 years or older who report ever having physician-diagnosed diabetes other than diabetes during pregnancy).

CHSI: Diabetes prevalence among adults.

Diabetes

Percentage of Persons Who Reported Being Told by a Doctor That They Have Diabetes, Adults Age 18+, Utah, Region*, and U.S., 1989-1999



* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.
 Not all states participated in the BRFSS until 1994 (see Appendix A)
 Source: Behavioral Risk Factor Surveillance System

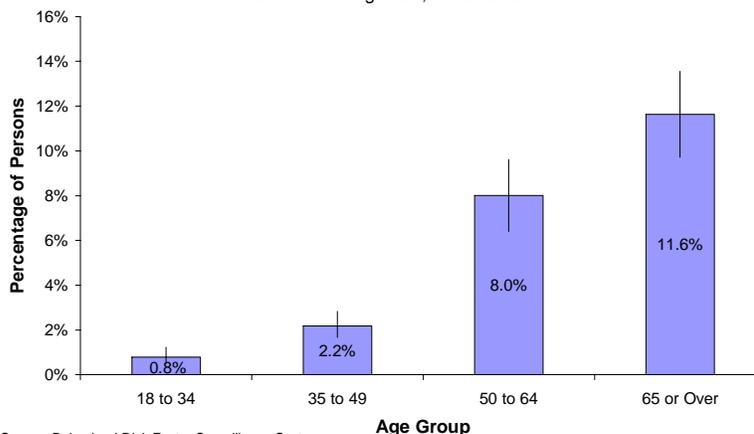
Year	Utah			Region			U.S.		
	Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1989	3.1%	2.4%	4.1%	3.4%	2.9%	4.0%	5.3%	5.0%	5.5%
1990	3.8%	2.9%	4.8%	3.7%	3.3%	4.3%	4.9%	4.7%	5.1%
1991	3.9%	3.1%	5.0%	3.5%	3.1%	4.0%	5.0%	4.8%	5.2%
1992	3.4%	2.6%	4.5%	4.7%	4.1%	5.2%	5.4%	5.1%	5.6%
1993	3.5%	2.7%	4.6%	3.3%	2.9%	3.9%	4.8%	4.6%	5.0%
1994	3.9%	3.0%	4.9%	3.7%	3.3%	4.3%	4.4%	4.2%	4.6%
1995	3.7%	2.9%	4.7%	4.3%	3.8%	4.9%	4.7%	4.4%	4.9%
1996	3.3%	2.6%	4.1%	3.6%	3.1%	4.0%	4.8%	4.7%	5.0%
1997	4.1%	3.2%	5.3%	3.8%	3.3%	4.3%	5.2%	5.0%	5.4%
1998	4.4%	3.5%	5.5%	4.0%	3.6%	4.5%	5.6%	5.5%	5.8%
1999	4.2%	3.4%	5.2%	4.5%	4.0%	5.0%	5.9%	5.7%	6.1%

-  upward linear trend
-  non-linear trend

Diabetes

- The estimated proportion of Utah adults with diabetes increased significantly with age. ($p < 0.0001$)

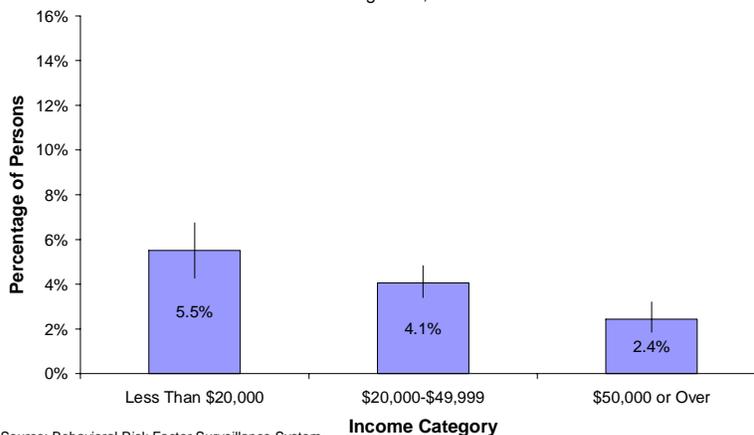
Percentage of Persons Who Reported Being Told by a Doctor That They Have Diabetes by Age, Utah Adults Age 18+, 1996-1999



Source: Behavioral Risk Factor Surveillance System

- Diabetes prevalence was higher for those Utah adults with annual household incomes less than \$20,000. ($p < 0.0001$)

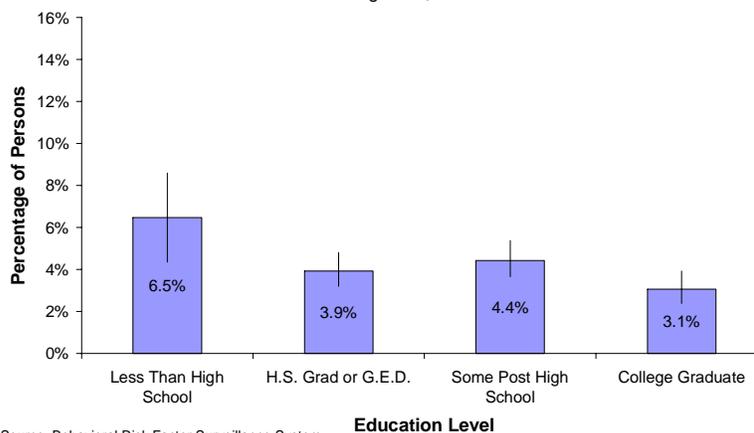
Percentage of Persons Who Reported Being Told by a Doctor That They Have Diabetes by Income, Utah Adults Age 18+, 1996-1999



Source: Behavioral Risk Factor Surveillance System

- The percentage of Utah adults who reported doctor-diagnosed diabetes was higher for those without a high school education when compared to those with a high school education or more. ($p = 0.0151$)

Percentage of Persons Who Reported Being Told by a Doctor That They Have Diabetes by Education, Utah Adults Age 18+, 1996-1999



Source: Behavioral Risk Factor Surveillance System

Diabetes

Percentage of Persons Who Reported Being Told by a Doctor That They Have Diabetes

by Selected Demographic Characteristics, Utah Adults Age 18+, 1996-1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Who Reported Being Told by a Doctor That They Have Diabetes					
	Distribution	Number of Adults ¹	Percentage of Adults Who Reported Being Told by a Doctor That They Have Diabetes	95% Confidence Intervals			Number of Adults ^{1, 2}	Distribution of Adults Who Reported Being Told by a Doctor That They Have Diabetes by Category
				Lower	Upper			
Diagnosed With Diabetes								
Yes	4.0%	55,100						
Yes - During Pregnancy	0.8%	11,000						
No	95.2%	1,308,300						
Total, All Adults Age 18+	100.0%	1,374,400						
Sex								
Males	48.7%	669,400	4.4%	3.7%	5.1%	29,300	53.2%	
Females	51.3%	705,000	3.7%	3.1%	4.3%	25,800	46.8%	
Total, All Adults Age 18+	100.0%	1,374,400	4.0%	3.6%	4.5%	55,100	100.0%	
Age Group								
18 to 34	37.0%	507,900	0.8%	0.5%	1.2%	4,000	7.2%	
35 to 49	31.4%	432,100	2.2%	1.7%	2.8%	9,400	17.0%	
50 to 64	17.5%	239,900	8.0%	6.4%	9.6%	19,200	34.8%	
65 or Over	14.2%	194,500	11.6%	9.7%	13.6%	22,600	40.9%	
Total, All Adults Age 18+	100.0%	1,374,400	4.0%	3.6%	4.5%	55,100	100.0%	
Race								
White, Non-Hispanic	90.9%	1,249,100	4.1%	3.6%	4.6%	50,600	91.5%	
Hispanic	5.6%	77,200	4.5%	2.8%	7.2%	3,500	6.3%	
Non-White, Non-Hispanic	3.5%	48,100	2.5%	1.2%	5.2%	1,200	2.2%	
Total, All Adults Age 18+	100.0%	1,374,400	4.0%	3.6%	4.5%	55,100	100.0%	
Income								
Less Than \$20,000	18.3%	251,300	5.5%	4.3%	6.8%	13,800	26.3%	
\$20,000-\$49,999	50.5%	694,200	4.1%	3.4%	4.8%	28,200	53.8%	
\$50,000 or Over	31.2%	428,900	2.4%	1.9%	3.2%	10,400	19.8%	
Total, All Adults Age 18+	100.0%	1,374,400	4.0%	3.6%	4.5%	55,100	100.0%	
Education								
Less Than High School	6.6%	90,700	6.5%	4.4%	8.6%	5,900	10.7%	
H.S. Grad or G.E.D.	30.5%	418,800	3.9%	3.2%	4.8%	16,400	29.7%	
Some Post High School	34.0%	467,100	4.4%	3.7%	5.4%	20,700	37.5%	
College Graduate	28.9%	397,800	3.1%	2.4%	3.9%	12,200	22.1%	
Total, All Adults Age 18+	100.0%	1,374,400	4.0%	3.6%	4.5%	55,100	100.0%	

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

Source: Utah Behavioral Risk Factor Surveillance System