Diabetes

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

Diabetes is the sixth leading cause of death in the U.S. Approximately 80,000 Utahns have been diagnosed with diabetes. It is the leading cause of blindness in working-age adults, and a major contributor to heart disease, stroke, and kidney failure. It is the number one cause of non-traumatic lower extremity amputations.

One third of Utahns with diabetes are ages 65 or over. Hispanic, Polynesian, and Native American Utahns are almost twice as likely to develop type 2 diabetes as White, non-Hispanic Utahns. Diabetes is generally classified as type 1 or type 2. Type 1, an autoimmune disease that occurs when the pancreas produces too little or no insulin, usually develops prior to age 30. Less than 10 percent of all cases of diabetes are type 1. Type 2 diabetes occurs when available insulin is not used effectively.

About 40,000 Utahns with diabetes are not aware they have it. Early detection is essential if complications are to be prevented or delayed. Maintaining a healthy weight and participating in regular physical activity is one of the best ways to prevent diabetes.

Doctor-diagnosed Diabetes by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999-2001
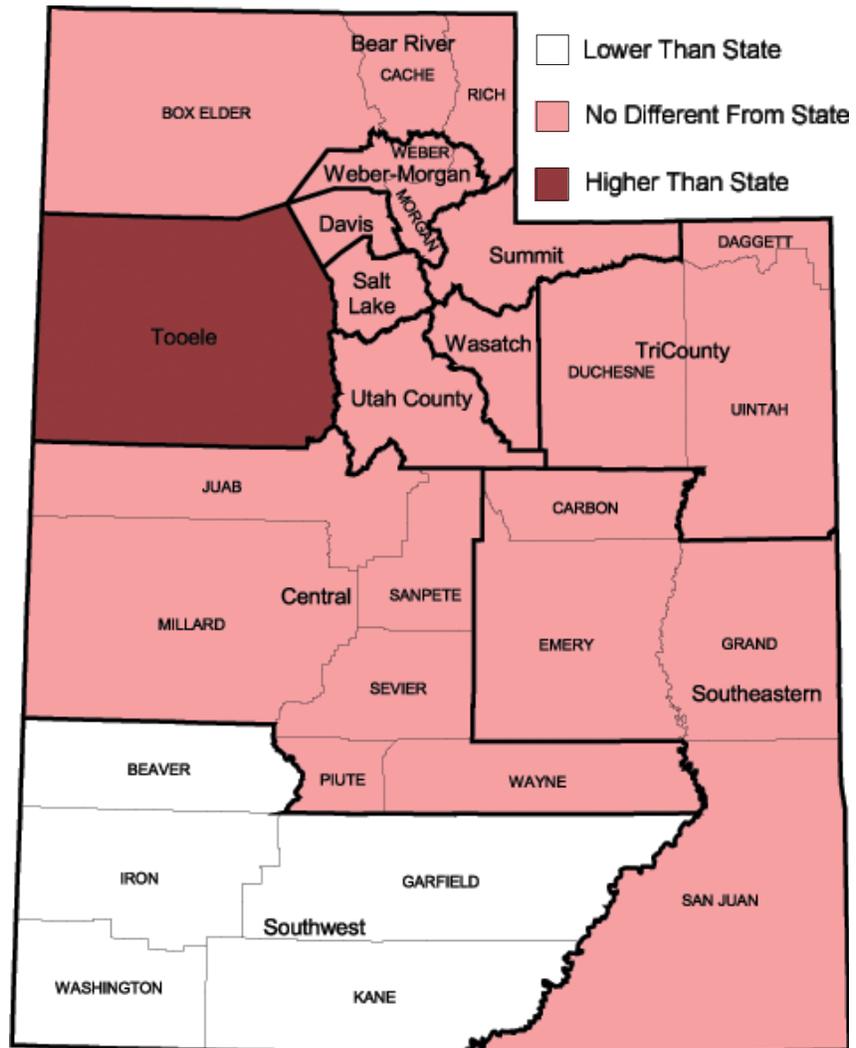

Age adjusted to the U.S. 2000 standard population.
Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage.
Source: Behavioral Risk Factor Surveillance System

- Diabetes prevalence has increased dramatically in past decades. Tooele County Health District had a prevalence rate higher than the state rate, even after adjusting for the effects of age. The prevalence in Southwest Utah Health District was lower than the state total.

- The percentage of Utah adults with doctor-diagnosed diabetes (4.6%) was lower than the U.S. total (6.3%), even after adjusting for age.

Percentage of Persons Who Reported Being Told by a Doctor That They Had Diabetes*
by Local Health District, Utah, and U.S., Adults Ages 18+, 1999-2001
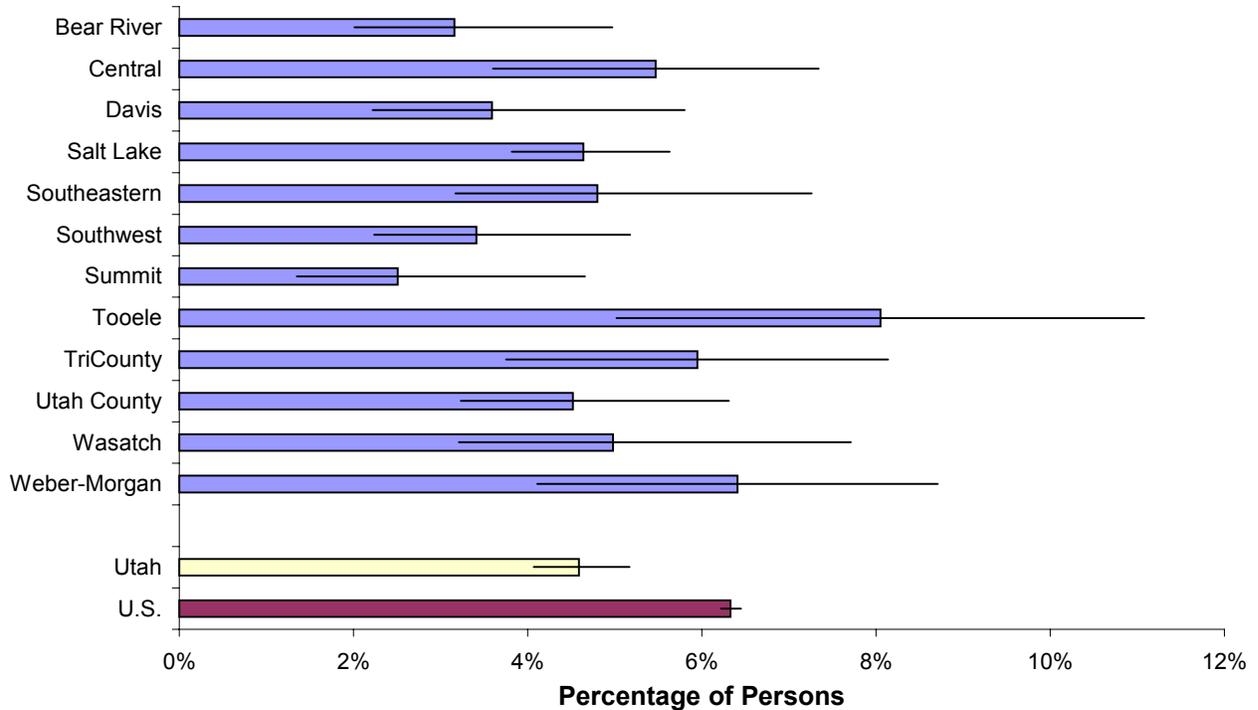
* crude rates
Source: Behavioral Risk Factor Surveillance System

| District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number With Diagnosed Diabetes	Percent	95% CI Range	Percent	95% CI Range	
Bear River	616	91,817	2,900	3.2%	2.0%	5.0%	3.8%	2.4%	5.8%
Central	615	43,286	2,400	5.5%	3.6%	7.3%	5.2%	3.5%	7.0%
Davis	587	155,816	5,600	3.6%	2.2%	5.8%	3.9%	2.4%	6.1%
Salt Lake	2,688	627,857	29,100	4.6%	3.8%	5.6%	4.9%	4.1%	5.9%
Southeastern	582	36,451	1,700	4.8%	3.2%	7.3%	4.7%	3.2%	7.0%
Southwest	648	97,595	3,300	3.4%	2.2%	5.2%	3.3%	2.2%	5.0%
Summit	605	21,092	500	2.5%	1.4%	4.7%	2.9%	1.6%	5.3%
Tooele	710	27,012	2,200	8.1%	5.0%	11.1%	8.1%	5.4%	10.8%
TriCounty	598	26,359	1,600	6.0%	3.8%	8.1%	5.9%	3.8%	7.9%
Utah County	877	245,264	11,100	4.5%	3.2%	6.3%	5.8%	4.0%	7.7%
Wasatch	553	10,154	500	5.0%	3.2%	7.7%	4.9%	3.2%	7.5%
Weber-Morgan	614	140,822	9,000	6.4%	4.1%	8.7%	6.5%	4.3%	8.7%
Utah	9,693	1,523,525	69,900	4.6%	4.1%	5.2%	5.0%	4.4%	5.6%
U.S.				6.3%	6.2%	6.5%	6.2%	6.1%	6.3%

** Age adjusted to U.S. 2000 standard population

Diabetes

- The prevalence of doctor-diagnosed diabetes drastically increased with increasing age, but did not differ between men and women.

Percentage of Persons Who Reported Ever Being Told by a Doctor That They Had Diabetes by Sex and Age,
Utah Adults Ages 18+, 1999-2001
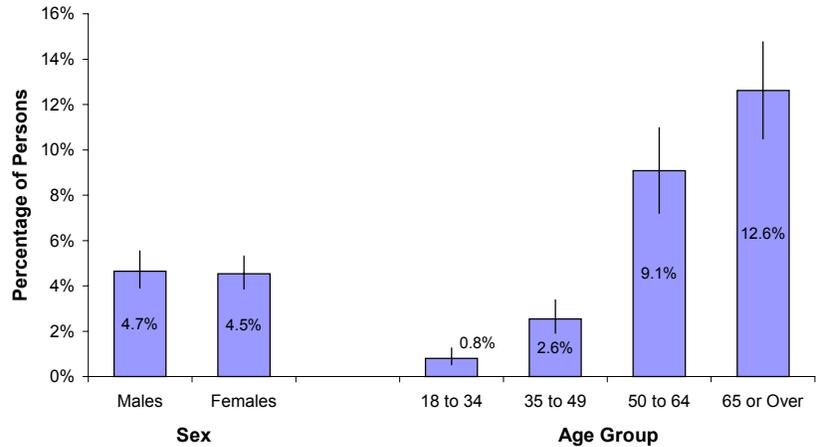
- Obese adults were four times more likely to report doctor-diagnosed diabetes than people who were not over-weight or obese.

Percentage of Persons Who Reported Ever Being Told by a Doctor That They Had Diabetes by Weight Status,
Utah Adults Ages 18+, 1999-2001
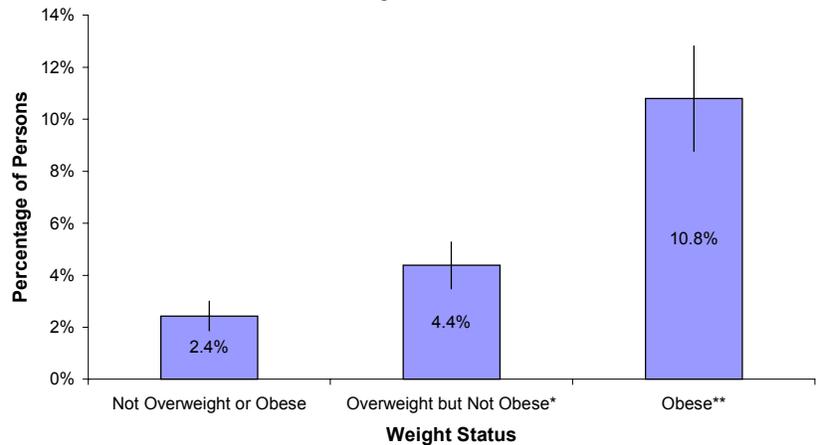
* Overweight, but not obese, is defined as a BMI 25-29.
** Obese is defined as a BMI of 30 or more.

The National Diabetes Education Program has just launched a campaign to help people reduce their risk of type 2 diabetes, "Small Steps, Big Rewards." This campaign is designed to increase public awareness of the "small steps" that can lead to diabetes prevention, such as moderate exercise and a healthy diet.

> **Utah Objective**: Same as HP2010 Objective
> **HP2010 Objective (related) 5-3**: Reduce the overall rate of diabetes that is clinically diagnosed to 25 overall cases per 1,000 population (age adjusted to the U.S. 2000 standard population).

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

by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 - 2001.

Demographic Subgroup	Utah Population		Survey Estimates				Distribution of Persons Who Reported Diagnosed Diabetes by Category
			Percentage of Persons Who Reported Diagnosed Diabetes[2]				
				95% Confidence Intervals			
	Distribution	Number of Persons[1]		Lower	Upper	Number of Persons[1, 3]	
Diagnosed With Diabetes							
Yes	4.6%	69,900					
Yes - During Pregnancy Only	1.2%	18,400					
No	94.2%	1,435,100					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	4.7%	3.9%	5.5%	35,000	50.1%
Females	50.5%	769,800	4.5%	3.9%	5.3%	34,900	49.9%
Total, All Adults	100.0%	1,523,500	4.6%	4.1%	5.2%	69,900	100.0%
Age Group							
18 to 34	42.6%	648,500	0.8%	0.5%	1.3%	5,300	8.4%
35 to 49	28.5%	433,700	2.6%	1.9%	3.4%	11,100	17.6%
50 to 64	16.4%	250,000	9.1%	7.2%	11.0%	22,700	35.9%
65 or Over	12.6%	191,300	12.6%	10.5%	14.8%	24,100	38.1%
Total, All Adults	100.0%	1,523,500	4.6%	4.1%	5.2%	69,900	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	4.8%	4.2%	5.4%	63,900	92.3%
Hispanic	8.3%	126,000	3.0%	1.7%	5.2%	3,800	5.5%
Non-White, Non-Hispanic	3.4%	51,500	2.8%	1.3%	6.3%	1,500	2.2%
Total, All Adults	100.0%	1,523,500	4.6%	4.1%	5.2%	69,900	100.0%
Income							
Less Than $20,000	13.6%	207,700	6.6%	5.1%	8.2%	13,800	20.2%
$20,000-$49,999	47.8%	727,500	5.4%	4.5%	6.4%	39,600	58.0%
$50,000 or Over	38.6%	588,400	2.5%	2.0%	3.3%	14,900	21.8%
Total, All Adults	100.0%	1,523,500	4.6%	4.1%	5.2%	69,900	100.0%
Education							
Less Than High School	6.0%	91,700	5.6%	3.3%	7.9%	5,100	7.3%
H.S. Grad or G.E.D.	30.1%	458,100	4.7%	3.9%	5.8%	21,700	31.1%
Some Post High School	35.1%	534,100	4.9%	3.9%	6.0%	25,900	37.1%
College Graduate	28.9%	439,500	3.9%	3.0%	5.0%	17,100	24.5%
Total, All Adults	100.0%	1,523,500	4.6%	4.1%	5.2%	69,900	100.0%
Weight Status							
Not Overweight or Obese	46.7%	711,300	2.4%	1.9%	3.0%	17,300	24.4%
Overweight but Not Obese*	35.0%	532,600	4.4%	3.5%	5.3%	23,300	32.9%
Obese**	18.4%	279,600	10.8%	8.8%	12.8%	30,200	42.7%
Total, All Adults	100.0%	1,523,500	4.6%	4.1%	5.2%	69,900	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

* Overweight, but not obese, is defined as a BMI 25-29.

** Obese is defined as a BMI of 30 or more.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.