Diabetes

Summary / Recommendations: The prevalence rates Diabetes were highest among Louisiana residents with lower incomes, lower education levels, retired or unable to work. The prevalence for diabetes among adults increases significantly with age. It is recommended that adults aged 40 years and above have their blood-glucose levels checked regularly. African-Americans have the highest prevalence rates for diabetes diagnosis when compared to other races. Prevention efforts should note that hypertension, obesity, physical activity and diet are risk factors for diabetes. Programs should increase access to diabetes education services.

Prevalence of diabetes among adults, overall and by select categories
Behavioral Risk Factor Surveillance System, Louisiana 2006**

Category+	Sample Size*	%	(95%CI)
Total	**802**	**9.2**	**(8.4 –9.9)**
Age Group			
18-44	87	2.9	(2.1 - 3.7)
45-64	417	14.0	(12.5 - 15.5)
65 and above	298	19.1	(16.9 - 21.3)
Sex			
Men	276	8.6	(7.5 – 9.8)
Female	526	9.6	(8.6 - 10.5)
Race			
White	511	8.3	(7.4 – 9.1)
Black	244	11.9	(10.1 – 13.7)
Education			
Less than HS Grad	210	16.9	(14.2 – 19.7)
HS Grad	275	9.7	(8.3 – 11.0)
Some College/Grad	316	6.7	(5.8 – 7.5)
HH Income			
<25,000	355	15.1	(13.2 – 16.9)
25,000-34,999	93	10.0	(7.7 – 12.3)
35,000+	208	5.7	(4.8 – 6.5)
Employment			
Employed	246	5.1	(4.4 – 5.9)
Unemployed	29	6.5	(3.3 – 9.6)
Homemaker/Student	69	6.6	(4.7 – 8.4)
Retired	288	18.9	(16.6 – 21.1)
Unable to Work	168	29.5	(24.9 – 34.1)
Insulin			
Users	227	28.1	(24.4 – 31.8)
Non – users	574	71.8	(68.1 – 75.5)

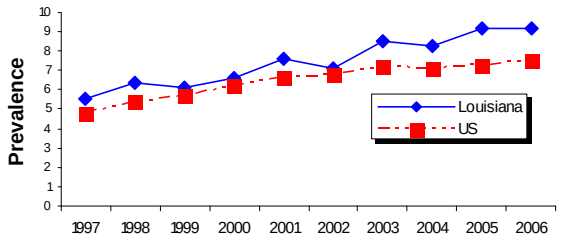
** Percentages are based on weighted data estimates. Unweighted sample size = 802*
+ In this analysis, data for each category are included only for persons for whom the data were available; excluded data were either unknown or refused.
***The respondents who reported that they were told by a health professional that they had diabetes. Women who had diabetes only during pregnancy and adults who were diagnosed with pre-diabetes were excluded.*

Based on the results of the 2006 BRFS, there were significant differences between prevalence rates for the age, race, income, and education categories. Louisiana residents with low socio-economic status and low educational levels had higher prevalence rates for diabetes. Respondents that indicated that they were unable to work had the highest rate in the employment category. There was no significant difference between the gender category for diagnosis for diabetes. [p=.2279].

Diabetes mellitus is a chronic disease that is associated with high blood glucose levels. Diabetes has a tremendous impact upon health cost as well as individuals diagnosed with the disease. In the United States, diabetes is the leading cause of non-traumatic amputations, blindness among working aged adults, and end-stage renal disease. One major issue that is presented by the Healthy People 2010 initiative states that economical prevention programs are not routinely used in clinical management of individuals with diabetes and this results in unnecessary illnesses, disability, death and expense.

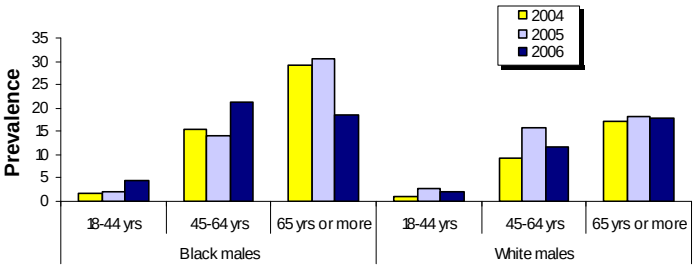
Diabetes is the fifth leading cause of death in Louisiana (LA Vital Statistics, 2003). The age adjusted death rate for Louisiana (40.6/100,000 people) is almost twice the national age adjusted death rate (25.6/100,000 people) (LA Vital Statistics, 2003). The prevalence of diabetes for Louisiana residents (9.2) was higher than the U.S. rate (7.5) for diabetes for the year 2006.

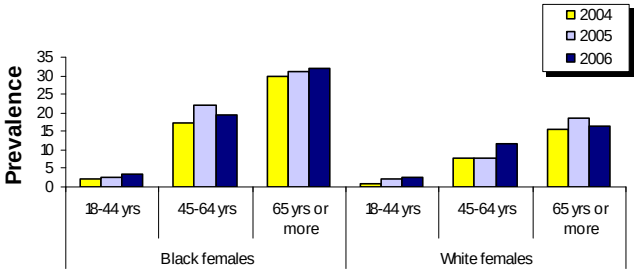
Prevalence for Diabetes Louisana and US 1997-2006



Louisiana residents who had high blood pressure were almost seven times more likely to be diabetic compared to residents who did not have high blood pressure [OR=6.8; 95%CI: 5.26-8.9] (LA 2005 BRFSS). Louisiana residents in 2006 that were considered obese/overweight were almost four times likely to be diabetic when compared to residents that were not obese/overweight [OR=3.7; 95% CI: 3.08-4.68].

Age-specific Prevalence rates for Diabetes for Louisiana residents (2004-2006 BRFSS)

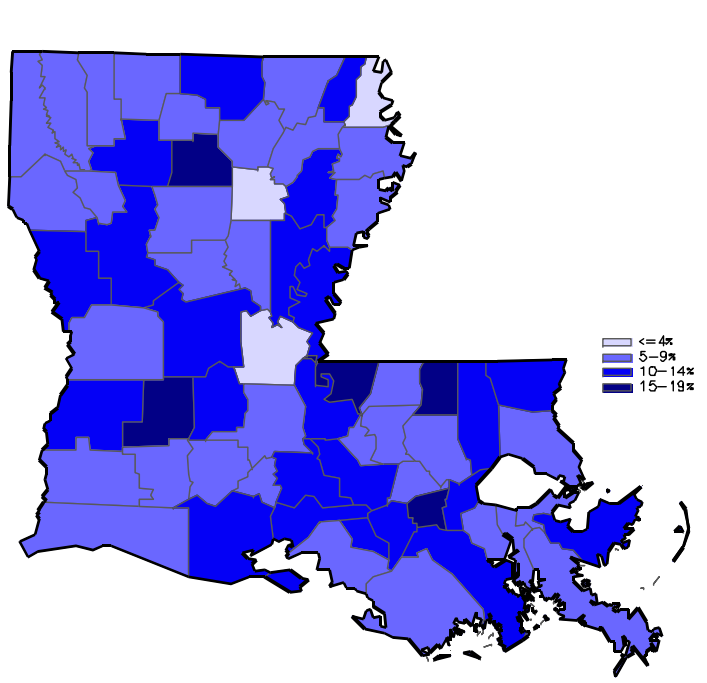




In Louisiana individuals diagnosed with diabetes increased significantly as age progressed, particularly at 45 years of age and above. When observing the categories for race/age/sex in 2006, the prevalence of diabetes was highest for African-American males and females aged 45 years and above. African American females aged 65 years and above had the highest prevalence rate 32% [95% CI: 24.3-39.5] for diagnosis of diabetes in 2006.

In 2006, 56% [95% CI: 52.2-60.1] Louisiana residents who indicated that they had been diagnosed with diabetes had taken a course on how to manage diabetes. The majority of Louisiana residents indicated that he or she was first diagnosed with diabetes between the ages of 40 to 49 years of age 25.7% [95% CI: 22-29.4]. In 2006, the majority of Louisiana residents were taking pills (72%) to control their blood sugar levels compared to those that used insulin (28%).

Prevalence of Diabetes for Louisiana 2004-2006 by Parish** and Region+



Parish	N	%	95% CI
W Feliciana*	38	19.5	[1.5 - 37.5]
Jackson	95	18.2	[3.2 - 33.3]
Allen	140	17.5	[6.5 - 28.5]
St James	105	17.5	[7.2 - 27.7]
St Helena*	42	15.2	[4.6 - 25.9
Sabine	125	14.7	[6.7 - 22.7]
Bienville	74	14.4	[5.8 - 22.9]
Washington	249	14.3	[8 - 20.6]
Assumption	121	14	[6.6 - 21.5]
Iberia	275	14	[8.5 - 19.6]

* Denotes categories less than 50 respondents. Inferences based on categories with less than 50 respondents should be used with caution.
**The 2004, 2005, and 2006 BRFSS data files were combined to increase the sample size by parish.

Region	N	%	95% CI
1	1015	9.7	[7.8 - 11.7]
2	1002	6.4	[4.9 - 8]
3	979	10.2	[8 - 12.5]
4	1005	7.4	[5.6 - 9.2]
5	975	7.3	[5.5 - 9]
6	1005	8.6	[6.6 - 10.6]
7	1017	8.1	[6.3 - 9.9]
8	1015	7.9	[6.1 - 9.7]
9	1033	7.3	[5.6 - 9]

+LA Residents that have been diagnosed with diabetes by region (LA 2004 BRFSS)