



Diabetes in New Hampshire - Issue Brief – July 2010

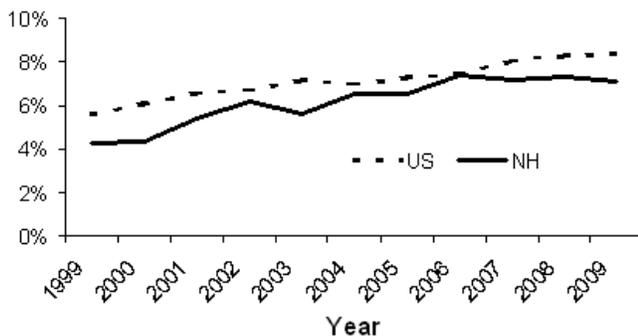
BACKGROUND

Diabetes is the seventh leading cause of death in New Hampshire. Diabetes is also a leading cause of blindness, kidney failure, and lower limb amputation. Type 2 diabetes makes up 90 to 95% of all diagnosed cases of diabetes. With funding from the Centers for Disease Control and Prevention, New Hampshire’s Diabetes Education Program within the Department of Health and Human Services works to prevent and control diabetes throughout the State. As part of that effort, information is collected on diabetes in New Hampshire. This Issue Brief summarizes the main findings of the 2009 Behavioral Risk Factor Surveillance System related to diabetes.

HOW MANY PEOPLE HAVE DIABETES?

In 2009, 7.1% of adults in New Hampshire reported having been diagnosed with diabetes. There has been no significant change in the prevalence of diabetes in New Hampshire for several years. However, up to one third of persons with diabetes have not been diagnosed and are unaware they have the disease. Additionally, 57 million Americans are living with pre-diabetes and will likely progress to diabetes over time.

Prevalence of diabetes among adults by year, New Hampshire and United States, BRFSS, 1999-2009

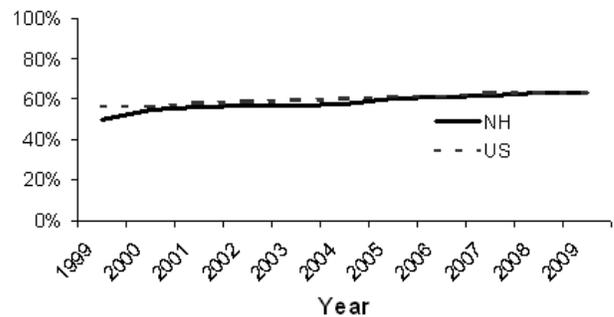


BRFSS DATA ON RISK FACTORS FOR TYPE 2 DIABETES

The three main risk factors for type 2 diabetes are older age, overweight, and physical inactivity. Age is not a modifiable risk factor, but physical activity patterns as well as weight can be changed to decrease one’s risk for diabetes.

Data indicate that the proportion of adults in New Hampshire who are overweight and obese has increased from 50.1% in 1999 to 62.8% in 2009. This trend is similar to what has been reported nationally.

Prevalence of overweight and obesity among adults by year, New Hampshire and United States, BRFSS, 1999-2009



Contributing to the increase in overweight and obesity is the fact that many residents of New Hampshire have a sedentary lifestyle. The proportion of adults who reported no leisure-time physical activity in the past month was 21.2% in 2009.

BRFSS DATA ON PREVENTING COMPLICATIONS

Certain complications of diabetes can be prevented through proper care. Persons with diabetes should receive a number of clinical preventive services.

To prevent respiratory infections, it is recommended that persons with diabetes receive flu and pneumonia vaccines. In 2009, 69.6% of adults with diabetes in New Hampshire received a flu vaccine. About 63.9% of adults with diabetes reported ever receiving the pneumonia vaccine.

To prevent blindness, persons with diabetes should have an annual dilated eye examination. In 2009, 75.8% of adults with diabetes in New Hampshire reported having received an eye exam in the past year.

To monitor long-term control of blood sugar, persons with diabetes should receive a glycosylated hemoglobin (also called Hemoglobin A1c) test at least two times per year. In 2009, 75.1% of adults with diabetes in New Hampshire had been tested for glycosylated hemoglobin at least twice in the past year.

To prevent infections, it is recommended that persons with diabetes have at least an annual foot exam by a health professional. In 2009, 80.2% of adults with diabetes in New Hampshire reported having had at least one foot examination in the past year.

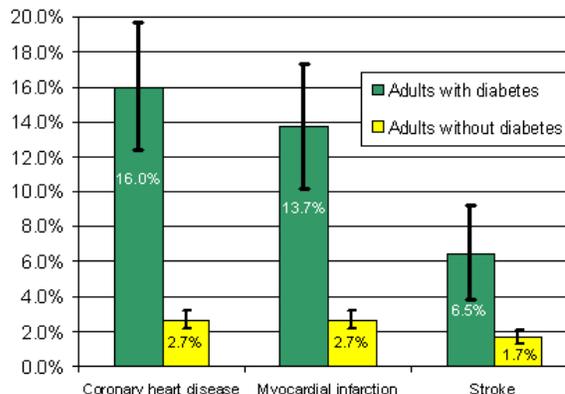
WHAT OTHER MEDICAL PROBLEMS ARE OF CONCERN TO PERSONS WITH DIABETES?

People with diabetes are at increased risk for heart disease, the most life-threatening consequence of diabetes. Adults with diabetes have heart disease and stroke death rates about 2 to 4 times higher than adults without diabetes. About 65% of deaths among people with diabetes are due to heart disease or stroke.

In 2009, 16.0% of adults with diabetes in New Hampshire reported having coronary heart disease, and 13.7% reported having had a heart attack. Further increasing their risk for coronary heart disease, 63.3% New Hampshire adults with

diabetes have been told their cholesterol is high and 16.8% reported cigarette smoking.

Prevalence of heart disease and stroke among respondents with and without diabetes, BRFSS, 2009



WHERE CAN I GET MORE INFORMATION?

For more information on the data presented here, contact the New Hampshire Department of Health and Human Services, Diabetes Education Program at (800) 852-3345 ext. 5172 (within New Hampshire) or (603) 271-5172. The report is also available at the Department's website: www.dhhs.state.nh.us/DHHS/CDPC/dep.htm.

Reference:

- 1) Centers for Disease Control and Prevention, National Center for Health Statistics. Deaths, percent of total deaths, and death rates for the 15 leading causes of death: United States and each state, 2006.
- 2) Centers for Disease Control and Prevention. National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2007. Rev ed. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008.
- 3) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009.
- 4) Analysis Provided by: Bureau of Health Statistics and Informatics, *New Hampshire Behavioral Risk Factor Surveillance Data*, New Hampshire Department of Health and Human Services, Division of Public Health Services, 2009.

COUNTY COMPARISON (BRFSS 2009)

Region	Prevalence of Diabetes	Prevalence of Coronary Heart Disease	Prevalence of Myocardial Infarction	Prevalence of Stroke	Prevalence of Overweight and Obesity	Prevalence of No Leisure Time Activity	Prevalence of Current Smoking
Belknap	7.1 4.8-9.5	3.8 2.0-5.6	2.8 1.2-4.4	1.8 0.74-2.9	60.8 54.1-67.4	20.6 15.7-25.6	17.9 12.5-23.3
Carroll	6.7 4.1-9.3	4.1 2.0-6.3	3.1 1.4-4.9	2.1 0.61-3.5	58.6 51.2-65.9	20.7 14.9-26.5	20.1 13.3-26.9
Cheshire	7.4 4.6-10.2	4.4 2.5-6.3	5.0 3.0-7.0	2.2 0.60-3.9	59.2 52.8-65.5	18.6 14.3-22.9	14.6 10.2-18.9
Coos	10.4 6.6-14.2	5.1 2.6-7.6	4.6 2.1-7.2	2.8 1.1-4.5	72.8 66.8-78.9	28.4 22.2-34.6	19.6 14.0-25.2
Grafton	6.9 4.8-9.0	3.4 1.9-4.9	3.4 1.8-5.1	2.4 1.1-3.6	55.9 49.8-62.0	21.5 16.6-26.3	20.2 14.4-26.1
Hillsborough	8.1 6.3-9.9	3.8 2.6-5.0	3.4 2.4-4.4	2.3 1.4-3.2	62.2 57.7-66.7	22.7 19.4-26.0	15.3 11.8-18.8
Merrimack	7.6 5.3-9.9	3.7 2.1-5.4	4.4 2.3-6.5	2.9 1.1-4.7	61.3 56.2-66.4	20.4 16.5-24.4	15.1 10.4-19.8
Rockingham	5.3 3.9-7.0	2.9 1.9-3.8	2.4 1.6-3.3	1.5 0.81-2.1	65.5 61.6-69.5	19.3 16.3-22.2	13.4 10.6-16.2
Strafford	6.8 4.7-8.8	3.5 2.1-4.9	3.8 1.9-5.6	1.1 0.52-1.7	67.6 62.5-72.7	20.1 16.1-24.1	17.3 12.4-22.2
Sullivan	8.1 5.2-11.0	5.0 2.6-7.4	5.0 2.5-7.4	1.9 0.0-4.0	61.4 54.3-68.5	26.5 20.6-32.4	15.5 10.7-20.2
New Hampshire	7.1 6.4-7.9	3.7 3.1-4.2	3.5 3.0-4.0	2.0 1.6-2.4	62.8 60.9-64.7	21.2 19.8-22.6	15.8 14.2-17.3

NEW HAMPSHIRE RESIDENTS EVER DIAGNOSED WITH DIABETES (BRFSS 2009)

Responses regarding recommended medical care among people with diabetes:

Seen for Diabetes at Least Once in Past Year	Annual Dilated Eye Exam	HbA1C Measurement At Least Twice in Past Year	Foot Exam by Health Professional		Diabetes Management Class	Pneumococcal Immunization	Influenza Immunization
			At Least Once in Past Year	Four Times per Year			
88.0% 85.0-91.0	75.8% 70.8-80.9	75.1% 70.0-80.2	80.2% 75.3-85.1	27.0% 22.4-31.5	59.3% 53.9-64.6	63.9% 58.3-69.4	69.6% 64.7-74.6

Responses regarding cardiovascular disease and risk factors among people with diabetes:

Ever Told Cholesterol Was High	Prevalence of Coronary Heart Disease	Prevalence of Myocardial Infarction	Prevalence of Stroke	Prevalence of Overweight and Obesity	Prevalence of No Leisure Time Activity	Prevalence of Current Smoking	Ever Diagnosed With High Blood Pressure
63.3% 57.9-68.7	16.0% 12.4-19.7	13.7% 10.2-17.3	6.5% 3.8-9.2	87.0% 83.2-90.7	36.3% 31.1-41.4	16.8% 12.5-21.0	64.2% 58.7-69.6