2011 Pennsylvania Diabetes Fact Sheet

Diabetes is a chronic disease affecting the way the body uses food for energy. It is caused by an inability of the pancreas to make enough insulin or use it properly. It is a disease that is lifelong, complicated and costly.

Estimated Diabetes Prevalence by Demographic Pennsylvania Adults

Demographic	Percent	Confidence Interval*
Total	9	8-10
Gender		
Male	9	8-10
Female	9	8-10
Age		
18-29	1	0-3
30-44	4	3-6
45-64	11	10-12
65+	20	18-21
Education		
< High School	17	13-21
High School	15	10-13
Some College	7	6-9
College Degree	5	5-6
Income		
< $15,000	20	16-25
$15,000 to $24,999	14	12-16
$25,000 to $49,999	11	9-12
$50,000 to $74,999	6	5-8
$75,000+	4	3-5
Race/Ethnicity		
White, non-Hispanic	9	8-9
Black, non-Hispanic	15	12-19
Hispanic	6	3-11

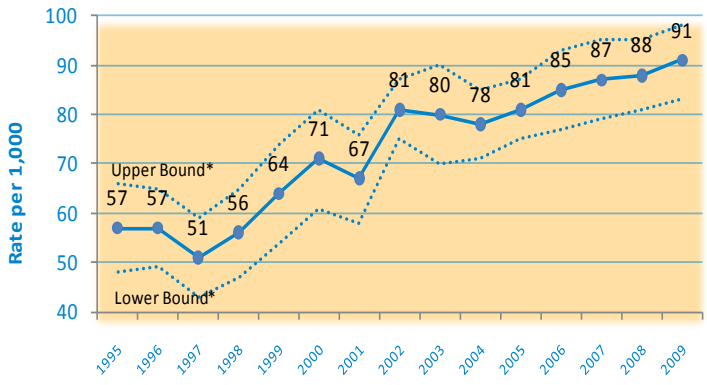
Source: 2009 Pennsylvania BRFSS, *95% Confidence Interval

Diabetes: Fast Facts

An estimated 878,000 adults age 18+ in Pennsylvania (9 percent of the target population) have been diagnosed with diabetes.[1]

Diabetes and its complications are the seventh leading cause of death in Pennsylvania, responsible for 3,292 PA deaths in 2008 – which could be compared to nine deaths every day.[2]

The number of hospitalizations for which diabetes was the principal or secondary diagnosis rose from an age-adjusted rate of 201.3 per 10,000 in 2000 to 226.2 per 10,000 in 2008.[3]



Diagnosed Diabetes Prevalence per 1,000 PA Adults 1995-2009 PA BRFSS

*The lower and upper bounds make up the 95% Confidence Interval

Pre-Diabetes:

- An estimated 6 percent (95 percent CI: 5-6) of Pennsylvania adults have ever been told by a doctor that they have pre-diabetes or borderline diabetes (non-diabetics).
- An estimated 57 percent (95 percent CI: 55-59) of Pennsylvania adults had a test for high blood sugar or diabetes in the past 3 years (non-diabetics).

Source: 2009 Pennsylvania BRFSS

It is important to note that diabetes can go undetected for quite some time. Therefore, the percentage of Pennsylvania adults with diabetes was likely higher than the estimated 9 percent in 2009.

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Percent of Diagnosed Diabetic Adults Who Reported They...	Percent	95% CI
...Were diagnosed before age 30	10	7-14
...Were ever told by a doctor that diabetes has affected their eyes or that they had retinopathy	23	19-27
...Were currently taking insulin	27	24-31
...Had a health professional check their hemoglobin A1C 4+ times in the past year	30	26-34
...Saw a health professional for their diabetes 4+ times within the past year	42	38-46
...Ever took a course or class in how to manage their diabetes themselves	56	52-60
...Check their blood for glucose or sugar at least once daily	62	57-65
...Check their feet for sores or irritations at least once daily	67	63-71
...Had an eye exam in the past year in which the pupils were dilated	73	69-76
...Had their feet checked by a health professional 1+ times in the past year	76	73-80

Source: 2009 Pennsylvania BRFSS

Diabetes: In the United States

- Total prevalence of diabetes in the United States, all ages, 2010: 25.8 million individuals or 8.3 percent of the population.
- About 215,000 people younger than 20 years had diabetes (type 1 or type 2) in the United States in 2010.
- About 1.9 million people aged 20 years or older were newly diagnosed with diabetes in 2010 in the United States.
- Estimated diabetes costs in the United States, 2007: Total direct and indirect = $174 billion.
- An estimated 7.0 million individuals have undiagnosed diabetes.

Source: National Diabetes Fact Sheet, 2011

Where We Stand: Healthy People 2020	2008 National Baseline	National Target	2009 PA Percent	Confidence Interval*
Annual Foot Exams	68.0%	74.8%	72	63-81
Annual Dilated Eye Exams	53.4%	58.7%	62	53-71
Glycosylated Hemoglobin Measurement	64.6%	71.1%	76	67-85
Self-Blood Glucose-Monitoring	64.0%	70.4%	61	52-70
Diabetes Education	56.8%	62.5%	57	49-65

Source: 2009 Pennsylvania BRFSS, precentages are age-adjusted to U.S. standard million population distribution, *95% Confidence Interval

References:
1. PA State Data Center Population Estimate and 2009 Pennsylvania BRFSS
2. 2008 Pennsylvania Vital Statistics
3. PA Dept. of Health Analysis of 2000 and 2008 Pennsylvania Health Care Cost Containment Council (PHC4) data

Please reference *The Burden of Diabetes in Pennsylvania 2010* report, available at www.health.state.pa.us/diabetes, for more detailed information on diabetes in Pennsylvania.

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