

Self-Reported Diabetes Prevalence, Adults (18+ years of age and older), Alaska BRFSS, 2006-2008, Standard (2006-2008), Modified (2006-2008) and Combined (2006-2008) Surveys

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had diabetes?						
	Response:	Yes				Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	N	%	95% CI
Population at Risk							
Total	6.1%	(5.5% - 6.7%)	29,373	14,270	6.8%	(6.2% - 7.4%)	
Gender							
Female	6.0%	(5.3% - 6.9%)	14,084	7,775	6.6%	(5.8% - 7.5%)	
Male	6.1%	(5.3% - 7.0%)	15,290	6,495	7.0%	(6.2% - 8.0%)	
Age groups (Categories Used in Age-Adjustment)							
Persons aged 18 to 44 years	2.1%	(1.6% - 2.6%)	5,283	6,106	NA	(NA - NA)	
Persons aged 45 to 54 years	7.0%	(5.6% - 8.6%)	7,264	3,446	NA	(NA - NA)	
Persons aged 55 to 64 years	11.2%	(9.5% - 13.1%)	7,905	2,675	NA	(NA - NA)	
Persons aged 65 years and older	18.2%	(15.8% - 20.9%)	8,693	1,863	NA	(NA - NA)	
Race and ethnicity							
American Indian or Alaska Native	5.9%	(4.7% - 7.4%)	4,164	2,734	6.9%	(5.6% - 8.5%)	
Asian or Pacific Islander	6%	(3% - 10%)	1,109	365	10%	(5% - 17%)	
Asian	6%	(3% - 10%)	858	280	9%	(5% - 17%)	
Native Hawaiian or Other Pacific Islander	7%	(2% - 20%)	293	85	DSU	(DSU - DSU)	
Black or African American	11%	(7% - 17%)	1,318	224	13%	(8% - 20%)	
White	5.9%	(5.3% - 6.6%)	21,032	10,244	6.4%	(5.8% - 7.1%)	
Hispanic or Latino	7%	(4% - 13%)	1,261	401	10%	(6% - 15%)	
Not Hispanic or Latino	6.0%	(5.4% - 6.6%)	27,531	13,692	6.6%	(6.0% - 7.3%)	
Black or African American, not Hispanic/Latino	5%	(2% - 11%)	281	97	9%	(5% - 18%)	
White, not Hispanic or Latino	5.9%	(5.3% - 6.6%)	20,353	9,856	6.4%	(5.7% - 7.1%)	
Alaska Native (Any Mention)							
Yes	5.8%	(4.7% - 7.1%)	4,641	3,029	6.7%	(5.5% - 8.2%)	
No	6.1%	(5.5% - 6.8%)	24,421	11,102	6.8%	(6.1% - 7.5%)	
Geographic location							
Urban	6.4%	(5.6% - 7.2%)	20,940	5,874	7.3%	(6.5% - 8.3%)	
Anchorage & Vicinity	6.7%	(5.7% - 7.7%)	17,443	3,005	7.6%	(6.6% - 8.7%)	
Fairbanks & Vicinity	5.2%	(4.3% - 6.3%)	3,497	2,869	6.2%	(5.2% - 7.4%)	
Gulf Coast	5.7%	(4.9% - 6.7%)	3,183	2,929	5.8%	(4.9% - 6.7%)	
Southeast	6.0%	(5.1% - 7.0%)	3,177	2,774	6.1%	(5.2% - 7.1%)	
Rural	4.4%	(3.6% - 5.4%)	2,074	2,693	5.1%	(4.1% - 6.4%)	

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Response:

Yes

Population at Risk	%	Observed Rate		Individuals	N	Age-Adjusted Rate	
		95% CI				%	95% CI
Education level (persons aged 25 years and older)							
Less than high school	11.1%	(8.3% - 14.8%)		2,677	915	10.0%	(7.3% - 13.7%)
High school graduate	6.6%	(5.6% - 7.8%)		7,675	3,846	7.6%	(6.5% - 9.0%)
At least some college	8.0%	(6.8% - 9.4%)		10,057	3,912	8.9%	(7.6% - 10.4%)
College Graduate	5.5%	(4.5% - 6.6%)		7,853	4,431	6.2%	(5.2% - 7.5%)
Employment Status							
Employed	4.3%	(3.7% - 4.9%)		13,954	9,480	6.5%	(5.5% - 7.8%)
Unemployed	3.8%	(2.3% - 6.2%)		1,288	943	4.7%	(2.9% - 7.3%)
Not in Workforce (Student, Homemaker, Retired)	10.3%	(8.9% - 11.9%)		10,746	3,173	7.7%	(6.4% - 9.3%)
Unable to work	18.3%	(13.8% - 23.9%)		3,289	587	15.5%	(10.8% - 21.7%)
Marital Status							
Married or Unwed Couple	5.5%	(4.9% - 6.2%)		17,659	8,559	6.3%	(5.5% - 7.1%)
Divorced/Separated	9.7%	(8.1% - 11.6%)		5,615	2,459	8.2%	(6.9% - 9.7%)
Widowed	14.7%	(11.3% - 18.9%)		2,546	870	6.9%	(4.2% - 11.0%)
Never Married	4.1%	(2.9% - 5.6%)		3,483	2,289	9.5%	(7.0% - 12.9%)
Income level							
<\$15,000	10.5%	(8.3% - 13.2%)		3,278	1,124	9.9%	(7.9% - 12.3%)
\$15,000 - \$24,999	9.4%	(7.0% - 12.7%)		4,392	1,494	9.9%	(7.5% - 12.9%)
\$25,000 - \$49,999	5.2%	(4.3% - 6.3%)		5,482	3,253	6.0%	(5.0% - 7.3%)
\$50,000 - \$74,999	5.6%	(4.3% - 7.1%)		4,761	2,563	6.9%	(5.3% - 9.0%)
\$75,000	4.7%	(4.0% - 5.7%)		7,399	4,156	5.8%	(4.7% - 7.3%)
Family Income level							
Poor (<100% Poverty Threshold)	7.7%	(5.1% - 11.4%)		2,705	974	9.1%	(6.2% - 13.0%)
Near Poor (100% to 199% Poverty Threshold)	8.8%	(7.1% - 10.9%)		5,631	1,959	9.9%	(8.1% - 12.0%)
Middle/High Income (>=200% Poverty Threshold)	5.2%	(4.6% - 5.9%)		16,977	9,655	6.0%	(5.3% - 6.8%)
Below Poverty Guidelines							
Yes	7.9%	(5.8% - 10.8%)		3,924	1,368	9.8%	(7.4% - 12.9%)
No	5.7%	(5.1% - 6.3%)		21,388	11,222	6.5%	(5.9% - 7.2%)
Healthcare Coverage							
Yes	6.6%	(6.0% - 7.2%)		25,955	11,841	6.9%	(6.3% - 7.6%)
No	3.9%	(2.8% - 5.4%)		3,300	2,333	4.4%	(3.0% - 6.3%)
Disability Present							
Yes	14.1%	(11.7% - 17.0%)		15,276	1,777	12.9%	(10.1% - 16.2%)
No	3.9%	(3.2% - 4.7%)		14,460	5,425	5.1%	(4.2% - 6.2%)
Veteran							

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Has a doctor, nurse, or other health professional ever told you that you had diabetes?

Response:

Yes

Population at Risk	%	Observed Rate		Individuals	N	Age-Adjusted Rate	
		95% CI				%	95% CI
Yes	7.5%	(5.7% - 9.8%)		10,778	1,314	6.2%	(4.8% - 8.0%)
No	5.9%	(5.1% - 6.9%)		34,322	5,986	7.1%	(6.1% - 8.2%)
General Health							
Excellent to Very Good	2.1%	(1.7% - 2.6%)		5,818	7,640	2.8%	(2.3% - 3.4%)
Good	7.1%	(6.1% - 8.4%)		10,264	4,418	7.4%	(6.4% - 8.7%)
Fair/Poor	19.6%	(17.1% - 22.3%)		12,956	2,150	17.0%	(14.6% - 19.7%)
Healthy Days (Mean Number of Days)							
Physical Health Not Good	9.4	(8.3 - 10.6)				9.1	(7.6 - 10.5)
Mental Health Not Good	5.4	(4.4 - 6.4)				6.3	(4.8 - 7.7)
Unhealthy Days (Physical or Mental Health Not Good)	11.9	(10.7 - 13.2)				12.5	(10.7 - 14.3)
Days with Activity Limitation	6.0	(4.9 - 7.1)				5.9	(4.3 - 7.6)
Healthy Days (Percentage with 14 or More Days)							
Physical Health Not Good	17.4%	(14.7% - 20.6%)		8,815	1,589	15.0%	(12.5% - 17.9%)
Mental Health Not Good	11.9%	(9.4% - 14.9%)		5,236	1,383	13.2%	(10.5% - 16.5%)
Unhealthy Days (Physical or Mental Health Not Good)	13.5%	(11.5% - 15.8%)		11,033	2,514	13.2%	(11.3% - 15.4%)
Activity Limitation	18.0%	(14.2% - 22.6%)		5,936	998	16.1%	(12.3% - 20.7%)
Special Conditions*							
Alcohol: Binge Drinkers							
Yes	1.8%	(0.9% - 3.4%)		979	770	6.0%	(2.9% - 11.8%)
No	7.0%	(5.9% - 8.2%)		17,722	3,743	7.1%	(6.1% - 8.4%)
Alcohol: Heavy Drinkers							
Yes	2%	(0% - 5%)		378	292	3%	(1% - 11%)
No	6.4%	(5.4% - 7.5%)		18,469	4,177	7.1%	(6.1% - 8.3%)
Arthritis							
Yes	13.7%	(10.1% - 18.2%)		8,101	697	10.9%	(7.8% - 15.0%)
Possible	4%	(2% - 9%)		1,711	436	5%	(2% - 10%)
No	3.4%	(2.3% - 5.1%)		4,584	1,351	6.1%	(4.0% - 9.1%)
Asthma							
Yes	8.8%	(6.5% - 11.9%)		5,678	863	9.7%	(7.3% - 12.9%)
No	5.6%	(4.8% - 6.6%)		23,070	5,895	6.3%	(5.4% - 7.3%)
Cardiovascular Disease							
Yes	22.8%	(18.4% - 27.8%)		5,288	667	14.3%	(10.4% - 19.3%)
No	5.0%	(4.4% - 5.6%)		22,728	11,347	5.9%	(5.2% - 6.7%)
High Cholesterol							
Yes	14.2%	(11.4% - 17.7%)		11,437	1,317	12.6%	(9.4% - 16.7%)

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	Response:	Yes				Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	N	%	95% CI
Population at Risk							
No Diabetes	4.5%	(3.4% - 5.9%)	6,637	2,174	5.1%	(3.9% - 6.8%)	
Yes	100.0%	(0.0% - 0.0%)	29,373	919	100.0%	(0.0% - 0.0%)	
No	0.0%	(0.0% - 0.0%)	0	13,351	0.0%	(0.0% - 0.0%)	
High Blood Pressure (Hypertension)							
Yes	14.5%	(10.9% - 19.1%)	8,671	669	12.0%	(8.5% - 16.8%)	
No	3.2%	(2.2% - 4.6%)	5,711	1,866	3.9%	(2.6% - 5.8%)	
Weight Status							
Normal (BMI <25)	2.4%	(1.9% - 3.1%)	3,903	4,610	3.2%	(2.5% - 4.1%)	
Overweight (BMI 25 to 30)	3.9%	(3.2% - 4.6%)	6,923	5,158	4.7%	(3.9% - 5.6%)	
Obese (BMI ≥30)	13.4%	(11.8% - 15.2%)	16,963	3,924	13.2%	(11.7% - 14.9%)	
Obese I (BMI 30 TO < 35)	10.2%	(8.4% - 12.2%)	8,214	2,479	10.0%	(8.4% - 11.9%)	
Obese II & III (BMI ≥35)	19.2%	(16.2% - 22.5%)	8,749	1,445	19.2%	(16.3% - 22.6%)	
Smoking Status							
Current Smoker	4.4%	(3.6% - 5.5%)	4,796	3,269	5.6%	(4.5% - 6.9%)	
Former Smoker	9.2%	(8.0% - 10.5%)	12,015	4,221	7.9%	(6.8% - 9.2%)	
Never Smoked	5.1%	(4.3% - 5.9%)	12,302	6,676	6.3%	(5.4% - 7.3%)	
Stroke							
Yes	19%	(11% - 30%)	1,217	185	11%	(7% - 18%)	
No	5.7%	(4.9% - 6.6%)	18,222	7,262	6.3%	(5.5% - 7.3%)	
Fruit and Vegetable Index							
<1 Per Day or Never	9%	(5% - 19%)	681	141	19%	(11% - 30%)	
1 to <3 Times Per Day	5.0%	(3.4% - 7.5%)	3,191	919	5.4%	(3.7% - 7.8%)	
3 to <5 Times Per Day	5.7%	(3.8% - 8.5%)	2,779	850	5.8%	(4.0% - 8.3%)	
5 Or More Times Per Day	7.9%	(5.0% - 12.2%)	3,018	577	8.0%	(5.2% - 12.3%)	
Physical Activity Recommendations							
Active	4.1%	(2.8% - 5.8%)	6,693	1,627	5.2%	(3.6% - 7.5%)	
Insufficient	9%	(5% - 14%)	3,489	429	9%	(6% - 14%)	
Inactive	13%	(8% - 21%)	2,745	248	10%	(6% - 15%)	
Leisure Time Exercise							
Yes	4.7%	(3.8% - 5.8%)	11,917	3,590	5.6%	(4.6% - 6.8%)	
No	10.8%	(8.4% - 13.8%)	7,124	1,057	9.5%	(7.5% - 12.0%)	
Flu Shot or Spray Within Past 12 Months							
Yes	11.3%	(9.5% - 13.3%)	19,330	2,751	10.1%	(8.4% - 12.2%)	
No	3.4%	(2.8% - 4.2%)	10,466	4,453	4.8%	(3.8% - 5.9%)	

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	Response:	Observed Rate		Yes		Age-Adjusted Rate
Population at Risk	%	95% CI	Individuals	N	%	95% CI
Ever Had Pneumonia Shot						
Yes	16.0%	(13.3% - 19.1%)	15,696	1,569	13.5%	(10.5% - 17.1%)
No	3.8%	(3.1% - 4.6%)	11,887	4,714	4.9%	(3.9% - 6.0%)
Emotional Support						
Always / Usually	5.9%	(5.0% - 6.9%)	22,069	5,416	6.7%	(5.7% - 7.7%)
Sometimes / Rarely / Never	7.9%	(6.0% - 10.5%)	7,016	1,514	9.0%	(6.8% - 11.8%)
Life Satisfaction						
Very Satisfied / Satisfied	5.9%	(5.1% - 6.8%)	26,126	6,633	6.7%	(5.8% - 7.6%)
Dissatisfied / Very Dissatisfied	12%	(7% - 21%)	2,906	357	14%	(8% - 23%)
Food Supply Security						
Food Supply Secure	5.7%	(4.4% - 7.2%)	23,932	1,883	6.5%	(5.2% - 8.1%)
Food Supply Insecure Without Hunger	7%	(3% - 13%)	2,256	141	11%	(6% - 20%)
Food Supply Insecure With Hunger	10%	(5% - 20%)	1,883	87	12%	(6% - 24%)
Depression Measure (PHQ-8)						
No Depression	5.5%	(4.5% - 6.8%)	17,922	3,127	6.4%	(5.2% - 7.8%)
Mild Depression	5.4%	(3.5% - 8.4%)	7,080	615	6.9%	(4.6% - 10.1%)
Moderate to Severe Depression	14%	(8% - 23%)	8,518	305	17%	(11% - 25%)
Anxiety Disorder						
Yes	7%	(4% - 11%)	3,777	241	7%	(4% - 11%)
No	6.0%	(4.6% - 7.6%)	23,604	1,758	7.0%	(5.5% - 8.8%)
Depression Disorder						
Yes	7%	(4% - 10%)	5,467	365	9%	(5% - 16%)
No	5.9%	(4.5% - 7.7%)	21,927	1,632	6.8%	(5.3% - 8.6%)
DATA ISSUES						

Definitions:

Observed rate = crude rate, the rate observed in the population before standardization.

Age-adjusted Rate = age-specific rates adjusted to US 2000 Standard age distribution.

% = Weighted Percentage

95% CI = 95% Confidence Interval

Percentages are weighted to population characteristics.

Individuals = Estimated number of adult individuals meeting conditions.

N = Total Sample Size (unweighted number of total valid respondents)

Use caution when interpreting cell sizes (*n*) less than 50. Data from the BRFSS are suppressed if the denominator is based on fewer than 50 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

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Response:

Yes

Population at Risk	%	Observed Rate		N	Age-Adjusted Rate	
		%	95% CI		%	95% CI

--- = Data are not available.

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

NA = Not applicable.

Populations at Risk Definitions:

Alaska Native (Any Mention): Individuals who have included American Indian / Alaska Native among their racial heritage.

Family Income Level: Poverty thresholds are the original version of the federal poverty measure. They are updated each year by the Census Bureau with values based upon household size, with specific values for Alaska. The thresholds are used mainly for statistical purposes — for instance, preparing estimates of the number of Americans in poverty each year. The poverty threshold for a given household size based both upon the number of adults and the number of adolescents is compared against the upper limit of income range to provide a conservative measure.

Below Poverty Guidelines: The poverty guidelines are the other version of the federal poverty measure. They are issued each year in the Federal Register by the Department of Health and Human Services (HHS). The guidelines are a simplification of the poverty thresholds for use for administrative purposes — for instance, determining financial eligibility for certain federal programs. Poverty guidelines use just the number of individuals in the household or family with specific values for Alaska which are compared against the upper limit of the income range to provide a conservative measure.

Disability Present: A positive response to either: Are you limited in any way in any activities because of physical, mental, or emotional problems?

Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

* Special Conditions Definitions:

Alcohol: Binge Drinking - Adults having five or more drinks on one occasion

Alcohol: Heavy Drinkers - Adult men having more than two drinks per day and adult women having more than one drink per day.

Arthritis - Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

Asthma - Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Cardiovascular Disease - Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infraction? Or

Has a doctor, nurse, or other health professional ever told you that you had angina or or coronary heard disease?

High Cholesterol - Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Diabetes - Have you ever been told by a doctor that you have diabetes?

High Blood Pressure - Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Weight Status - Computed from about how much do you weigh without shoes? and About how tall are you without shoes?

Smoking Status - Have you smoked at least 100 cigarettes in your entire life? And Do you now smoke cigarettes every day, some days, or not at all?

Stroke - Has a doctor, nurse, or other health professional ever told you that you had a stroke?

Fruit and Vegetable Servings Index - How often do you: drink fruit juices, eat fruit, eat green salad, eat potatoes, eat carrots, servings of vegetables?

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	%	95% CI			%	95% CI

Physical Activity Recommendation - We are interested in two types of physical activity: vigorous and moderate.

Leisure Time Exercise - During the past month, other than your regular job, did you participate in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Notes:

Data may include revisions, and may differ from those shown previously.

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions. This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.