

**Self-Reported Diabetes Prevalence, Adults (18+ years of age and older), Alaska BRFSS, 2007-2009,
Standard (2007-2009), Modified (2007-2009) and Combined (2007-2009) Surveys**

Screening Question:

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

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
Total	6.0%	(5.4% - 6.5%)	29,632	14,790	6.7%	(6.1% - 7.3%)
Gender						
Female	6.1%	(5.4% - 6.9%)	14,605	8,037	6.6%	(5.8% - 7.4%)
Male	5.8%	(5.1% - 6.7%)	15,027	6,753	6.8%	(6.0% - 7.7%)
Age groups (Categories Used in Age-Adjustment)						
Persons aged 18 to 44 years	2.2%	(1.7% - 2.8%)	5,777	6,059	NA	(NA - NA)
Persons aged 45 to 54 years	6.3%	(5.2% - 7.7%)	6,638	3,583	NA	(NA - NA)
Persons aged 55 to 64 years	10.9%	(9.3% - 12.6%)	8,033	2,912	NA	(NA - NA)
Persons aged 65 years and older	18.0%	(15.6% - 20.6%)	9,021	2,064	NA	(NA - NA)
Race and ethnicity						
American Indian or Alaska Native	5.6%	(4.5% - 7.0%)	4,013	2,791	6.5%	(5.2% - 7.9%)
Asian or Pacific Islander	8%	(5% - 13%)	1,497	384	12%	(8% - 19%)
Asian	7%	(4% - 12%)	1,032	303	10%	(6% - 17%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	81	DSU	(DSU - DSU)
Black or African American	9%	(5% - 16%)	1,034	219	12%	(7% - 19%)
White	5.8%	(5.2% - 6.4%)	21,347	10,671	6.3%	(5.7% - 7.0%)
Hispanic or Latino	7%	(4% - 12%)	1,291	405	8%	(5% - 12%)
Not Hispanic or Latino	5.9%	(5.4% - 6.5%)	27,990	14,205	6.6%	(6.0% - 7.2%)
Black or African American, not Hispanic/Latino	7%	(4% - 13%)	429	120	13%	(7% - 21%)
White, not Hispanic or Latino	5.8%	(5.2% - 6.5%)	20,524	10,282	6.3%	(5.6% - 7.0%)
Alaska Native (Any Mention)						
Yes	5.9%	(4.8% - 7.2%)	4,705	3,062	6.7%	(5.5% - 8.2%)
No	6.0%	(5.4% - 6.6%)	24,648	11,577	6.6%	(6.0% - 7.3%)

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Geographic location						
Urban	6.2%	(5.5% - 7.0%)	21,038	6,066	7.1%	(6.3% - 8.0%)
Anchorage & Vicinity	6.5%	(5.6% - 7.5%)	17,365	3,046	7.4%	(6.4% - 8.5%)
Fairbanks & Vicinity	5.2%	(4.4% - 6.2%)	3,673	3,020	6.3%	(5.3% - 7.4%)
Gulf Coast	6.0%	(5.2% - 7.1%)	3,419	3,045	6.1%	(5.2% - 7.2%)
Southeast	6.0%	(5.2% - 7.0%)	3,224	2,922	6.1%	(5.2% - 7.1%)
Rural	4.1%	(3.4% - 5.0%)	1,951	2,757	4.7%	(3.8% - 5.9%)
Education level (persons aged 25 years and older)						
Less than high school	9.6%	(7.2% - 12.7%)	2,413	946	9.2%	(6.9% - 12.3%)
High school graduate	7.1%	(6.0% - 8.3%)	8,323	3,981	8.2%	(6.9% - 9.6%)
At least some college	7.8%	(6.7% - 9.1%)	9,829	4,055	8.4%	(7.2% - 9.8%)
College Graduate	5.4%	(4.5% - 6.4%)	8,177	4,688	6.2%	(5.2% - 7.4%)
Employment Status						
Employed	4.1%	(3.6% - 4.7%)	13,533	9,642	5.5%	(4.6% - 6.6%)
Unemployed	4.4%	(2.9% - 6.6%)	1,637	1,058	5.3%	(3.2% - 8.6%)
Not in Workforce (Student, Homemaker, Retired)	10.1%	(8.7% - 11.7%)	11,016	3,374	7.5%	(6.2% - 9.0%)
Unable to work	18.6%	(14.5% - 23.7%)	3,375	641	16.1%	(11.4% - 22.1%)
Marital Status						
Married or Unwed Couple	5.7%	(5.1% - 6.4%)	17,081	8,254	6.2%	(5.5% - 7.0%)
Divorced/Separated	16.4%	(12.7% - 21.0%)	2,787	926	8.1%	(5.0% - 12.8%)
Widowed	9.4%	(7.8% - 11.3%)	5,489	2,508	8.1%	(6.7% - 9.8%)
Never Married	4.0%	(2.9% - 5.6%)	3,581	2,309	8.8%	(6.5% - 11.8%)
Income level						
<\$15,000	8.9%	(7.0% - 11.2%)	2,732	1,129	8.7%	(7.0% - 10.9%)
\$15,000 - \$24,999	7.8%	(5.8% - 10.3%)	3,558	1,528	8.3%	(6.4% - 10.8%)
\$25,000 - \$49,999	6.1%	(5.1% - 7.2%)	6,172	3,234	6.8%	(5.7% - 8.1%)
\$50,000 - \$74,999	6.1%	(4.8% - 7.7%)	4,980	2,549	7.1%	(5.5% - 9.0%)
\$75,000	4.8%	(4.0% - 5.8%)	8,369	4,579	5.8%	(4.7% - 7.2%)

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

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
Family Income level						
Poor (<100% Poverty Threshold)	5.5%	(3.8% - 8.0%)	1,973	1,016	7.1%	(4.8% - 10.4%)
Near Poor (100% to 199% Poverty Threshold)	8.0%	(6.4% - 10.0%)	5,027	1,986	9.2%	(7.5% - 11.2%)
Middle/High Income (>=200% Poverty Threshold)	5.6%	(5.0% - 6.3%)	18,811	10,016	6.3%	(5.6% - 7.1%)
Below Poverty Guidelines						
Yes	6.0%	(4.4% - 8.1%)	2,994	1,398	7.9%	(5.8% - 10.6%)
No	6.0%	(5.4% - 6.6%)	22,817	11,621	6.6%	(6.0% - 7.4%)
Healthcare Coverage						
Yes	6.6%	(6.0% - 7.3%)	27,167	12,359	7.0%	(6.3% - 7.6%)
No	2.7%	(2.0% - 3.5%)	2,225	2,338	3.4%	(2.3% - 5.0%)
Disability Present						
Yes	12.8%	(10.6% - 15.4%)	14,235	1,857	11.5%	(9.0% - 14.7%)
No	4.3%	(3.6% - 5.1%)	16,153	5,626	5.4%	(4.5% - 6.6%)
Veteran						
Yes	9.0%	(7.0% - 11.4%)	12,421	1,349	6.9%	(5.5% - 8.6%)
No	5.6%	(4.8% - 6.5%)	33,607	6,266	6.4%	(5.5% - 7.5%)
General Health						
Excellent to Very Good	2.3%	(1.9% - 2.8%)	6,581	7,920	2.9%	(2.4% - 3.6%)
Good	7.4%	(6.4% - 8.6%)	10,837	4,608	7.7%	(6.6% - 8.8%)
Fair/Poor	18.6%	(16.2% - 21.3%)	11,864	2,187	16.6%	(14.2% - 19.4%)
Healthy Days (Mean Number of Days)						
Physical Health Not Good	8.7	(7.6 - 9.8)			8.2	(6.8 - 9.5)
Mental Health Not Good	5.4	(4.5 - 6.4)			6.3	(4.8 - 7.8)
Unhealthy Days (Physical or Mental Health Not Good)	11.2	(9.9 - 12.4)			11.5	(9.7 - 13.3)
Days with Activity Limitation	5.3	(4.3 - 6.4)			5.2	(3.8 - 6.7)

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

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
Healthy Days (Percentage with 14 or More Days)						
Physical Health Not Good	17.3%	(14.7% - 20.3%)	8,155	1,574	15.0%	(12.6% - 17.8%)
Mental Health Not Good	12.5%	(10.0% - 15.7%)	5,151	1,349	14.0%	(11.2% - 17.4%)
Unhealthy Days (Physical or Mental Health Not Good)	13.5%	(11.6% - 15.7%)	10,439	2,502	13.4%	(11.5% - 15.5%)
Activity Limitation	16.9%	(13.5% - 21.1%)	5,273	1,028	15.0%	(11.4% - 19.5%)
Special Conditions*						
Alcohol: Binge Drinkers						
Yes	2.3%	(1.5% - 3.5%)	1,975	1,610	5.2%	(3.1% - 8.5%)
No	6.8%	(6.0% - 7.7%)	27,220	8,043	7.0%	(6.2% - 8.0%)
Alcohol: Heavy Drinkers						
Yes	2.1%	(1.3% - 3.6%)	595	609	2.3%	(1.3% - 4.1%)
No	6.2%	(5.5% - 7.0%)	27,842	8,909	6.8%	(6.0% - 7.6%)
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	10.0%	(8.0% - 12.4%)	10,310	1,616	11.2%	(9.1% - 13.8%)
No	5.2%	(4.6% - 5.9%)	33,485	10,560	5.9%	(5.2% - 6.6%)
Cardiovascular Disease						
Yes	24.4%	(20.3% - 28.9%)	5,408	804	15.4%	(10.9% - 21.4%)
No	5.0%	(4.5% - 5.5%)	23,426	13,829	5.8%	(5.3% - 6.5%)
High Cholesterol						
Yes	13.3%	(10.9% - 16.0%)	11,360	1,491	11.9%	(9.2% - 15.2%)
No	4.7%	(3.6% - 6.2%)	7,097	2,225	5.5%	(4.1% - 7.3%)
Diabetes						
Yes	100.0%	(0.0% - 0.0%)	29,632	986	100.0%	(0.0% - 0.0%)
No	0.0%	(0.0% - 0.0%)	0	13,804	0.0%	(0.0% - 0.0%)

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

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
High Blood Pressure (Hypertension)						
Yes	13.5%	(11.2% - 16.2%)	17,102	1,446	10.1%	(8.1% - 12.6%)
No	3.3%	(2.5% - 4.3%)	12,085	3,496	4.4%	(3.2% - 5.9%)
Weight Status						
Normal (BMI <25)	2.2%	(1.7% - 2.9%)	3,667	4,694	2.9%	(2.2% - 3.8%)
Overweight (BMI 25 to 30)	4.2%	(3.5% - 5.0%)	7,619	5,353	4.8%	(3.9% - 5.7%)
Obese (BMI ≥30)	13.1%	(11.7% - 14.7%)	16,970	4,134	13.1%	(11.7% - 14.7%)
Obese I (BMI 30 TO < 35)	10.1%	(8.6% - 11.9%)	8,339	2,625	10.0%	(8.6% - 11.7%)
Obese II & III (BMI ≥35)	18.4%	(15.6% - 21.6%)	8,631	1,509	18.7%	(15.9% - 21.9%)
Smoking Status						
Current Smoker	4.4%	(3.5% - 5.6%)	4,507	3,170	5.1%	(4.1% - 6.3%)
Former Smoker	8.9%	(7.7% - 10.2%)	11,949	4,466	7.7%	(6.6% - 8.9%)
Never Smoked	5.0%	(4.4% - 5.8%)	12,881	7,033	6.3%	(5.5% - 7.3%)
Stroke						
Yes	20%	(15% - 27%)	2,033	379	14%	(9% - 20%)
No	5.6%	(5.1% - 6.2%)	27,257	14,356	6.4%	(5.8% - 7.0%)
Fruit and Vegetable Index						
<1 Per Day or Never	7%	(4% - 11%)	1,245	282	9%	(5% - 15%)
1 to <3 Times Per Day	6.0%	(4.6% - 7.8%)	7,165	1,729	6.5%	(5.0% - 8.3%)
3 to <5 Times Per Day	5.4%	(4.1% - 7.0%)	5,740	1,685	5.8%	(4.4% - 7.6%)
5 Or More Times Per Day	6.9%	(5.0% - 9.5%)	5,299	1,118	7.4%	(5.4% - 9.9%)
Physical Activity Recommendations						
Active	4.6%	(3.6% - 5.8%)	15,555	3,159	5.7%	(4.5% - 7.2%)
Insufficient	7.5%	(5.3% - 10.5%)	5,857	853	7.4%	(5.2% - 10.2%)
Inactive	13%	(10% - 18%)	5,355	481	10%	(8% - 14%)
Leisure Time Exercise						
Yes	4.9%	(4.1% - 5.8%)	12,707	5,790	5.7%	(4.8% - 6.8%)
No	9.7%	(7.6% - 12.4%)	6,477	1,665	9.1%	(7.0% - 11.6%)

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Screening Question:

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

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
Flu Shot or Spray Within Past 12 Months						
Yes	11.0%	(9.3% - 12.9%)	20,057	2,949	10.2%	(8.5% - 12.2%)
No	3.4%	(2.8% - 4.2%)	10,357	4,537	4.1%	(3.4% - 5.1%)
Ever Had Pneumonia Shot						
Yes	16.5%	(13.8% - 19.6%)	16,483	1,712	14.8%	(11.5% - 18.7%)
No	3.6%	(2.9% - 4.4%)	11,551	4,864	4.6%	(3.7% - 5.7%)
Emotional Support						
Always / Usually	5.7%	(4.9% - 6.6%)	21,658	5,612	6.5%	(5.5% - 7.5%)
Sometimes / Rarely / Never	8.7%	(6.6% - 11.3%)	7,766	1,564	9.1%	(6.8% - 11.9%)
Life Satisfaction						
Very Satisfied / Satisfied	5.8%	(5.1% - 6.7%)	26,186	6,878	6.5%	(5.7% - 7.4%)
Dissatisfied / Very Dissatisfied	14%	(8% - 22%)	3,330	359	16%	(10% - 26%)
Food Supply Security						
Food Supply Secure	DNC	(DNC - DNC)	DNC	0	DNC	(DNC - DNC)
Food Supply Insecure Without Hunger	DNC	(DNC - DNC)	DNC	0	DNC	(DNC - DNC)
Food Supply Insecure With Hunger	DNC	(DNC - DNC)	DNC	0	DNC	(DNC - DNC)
Depression Measure (PHQ-8)						
No Depression	5.3%	(3.9% - 7.2%)	8,715	1,733	6.0%	(4.4% - 8.2%)
Mild Depression	5%	(3% - 9%)	3,514	346	7%	(4% - 10%)
Moderate to Severe Depression	DSU	(DSU - DSU)	DSU	163	DSU	(DSU - DSU)
Anxiety Disorder						
Yes	DNC	(DNC - DNC)	DNC	0	DNC	(DNC - DNC)
No	DNC	(DNC - DNC)	DNC	0	DNC	(DNC - DNC)
Depression Disorder						
Yes	DNC	(DNC - DNC)	DNC	0	DNC	(DNC - DNC)
No	DNC	(DNC - DNC)	DNC	0	DNC	(DNC - DNC)

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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.

--- = 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? Or 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?

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DATA ISSUES (continued)

* 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?

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.