



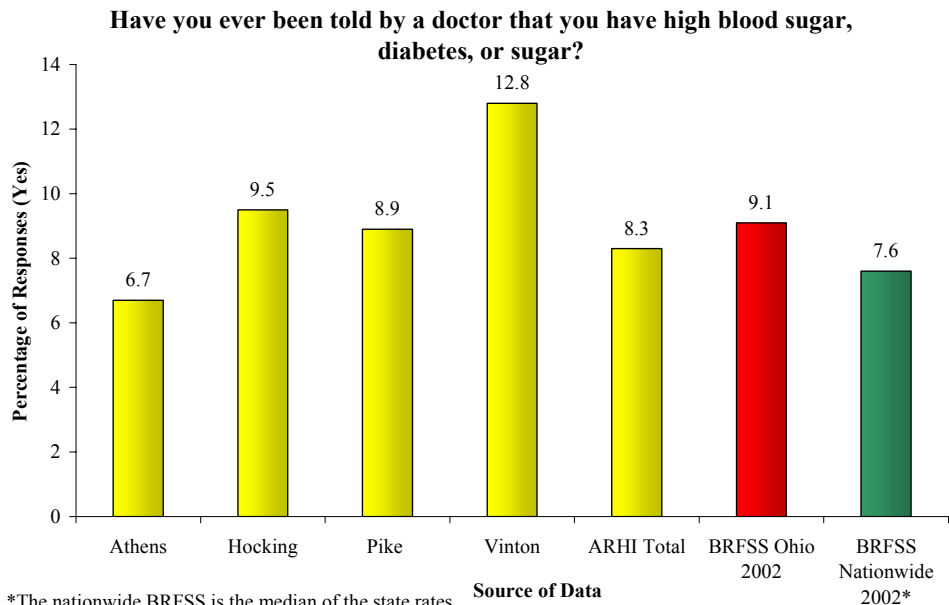
June 2004

# PREVALENCE OF DIABETES

## SOURCE OF DATA

The data presented here are based on findings from a healthcare needs assessment survey designed and conducted by the Institute for Local Government Administration and Rural Development at Ohio University's Voinovich Center for Leadership and Public Affairs in association with the Appalachian Rural Health Institute (ARHI). Over 1,500 adult residents of **Athens, Hocking, Pike and Vinton** counties were surveyed in an effort to assess the prevalence rates for a variety of chronic diseases and associated risk factors.

For more information about ARHI contact Dr. Chris Simpson, [simpson@ohio.edu](mailto:simpson@ohio.edu) (740) 593-2257 [www.ohiou.edu/arhi/](http://www.ohiou.edu/arhi/)



## GENERAL FINDINGS

- The diabetes prevalence rates from the surveyed region are essentially the same as in the State of Ohio and in the Nation.
- Diabetics are more likely to report their health status as being poor or fair than are non-diabetics.
- Diabetics are more likely to be depressed than the general population.
- As body mass (BMI) increases, so does the likelihood of having diabetes.
- Rates are highest in Vinton and lowest in Athens counties.
- As income level increases, the likelihood of having diabetes increases.
- The Behavioral Risk Factor Surveillance System Survey (BRFSS) is designed by the Centers for Disease Control and Prevention (CDC) and conducted by all 50 states, the District of Columbia, and the US territories.

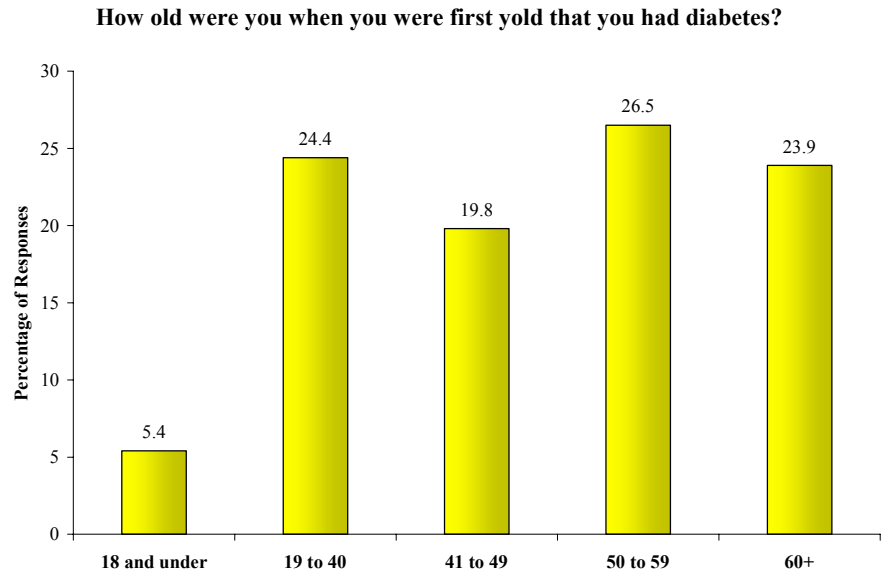
## DEFINING DIABETES

Respondents were classified as having diabetes if they answered “yes” to the question:

- ‘Have you ever been told by a doctor or other healthcare professional that you have diabetes?’
- BRFSS respondents were additionally classified as having either *diabetes* or *gestational diabetes*.

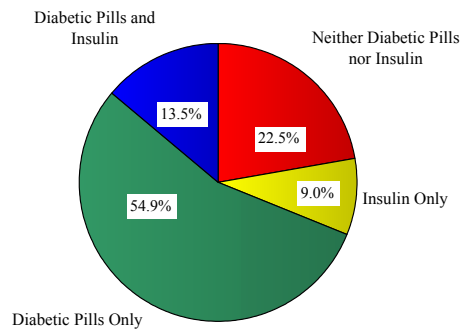
**AGE DIAGNOSED**

- The older the county residents, the more likely they are to have been diagnosed with diabetes.
- Fifty percent of diabetics reported being diagnosed with diabetes before the age of 50; only 5% were diagnosed before they were 18.
- Blood sugar levels were tested less than three times a week by 23% of the diabetic population across the four counties; although 29% reported testing sugar levels more than 13 times a week.



**MEDICATION**

**If you have been diagnosed with diabetes, what, if any, medication are you currently taking?**



- Over half of the surveyed households with diabetic children say their child is not taking medication for the illness.
- Fifteen percent of adult diabetics are not receiving medical treatment for their condition at this time, and 22% do not take medication for this illness.