



June 2006

DIABETES

SOURCE OF DATA

The data are based on findings from the ARHI II Healthcare Needs Assessment Survey conducted in January, 2006 by Ohio University's Voinovich Center for Leadership and Public Affairs in association with the Appalachian Rural Health Institute.

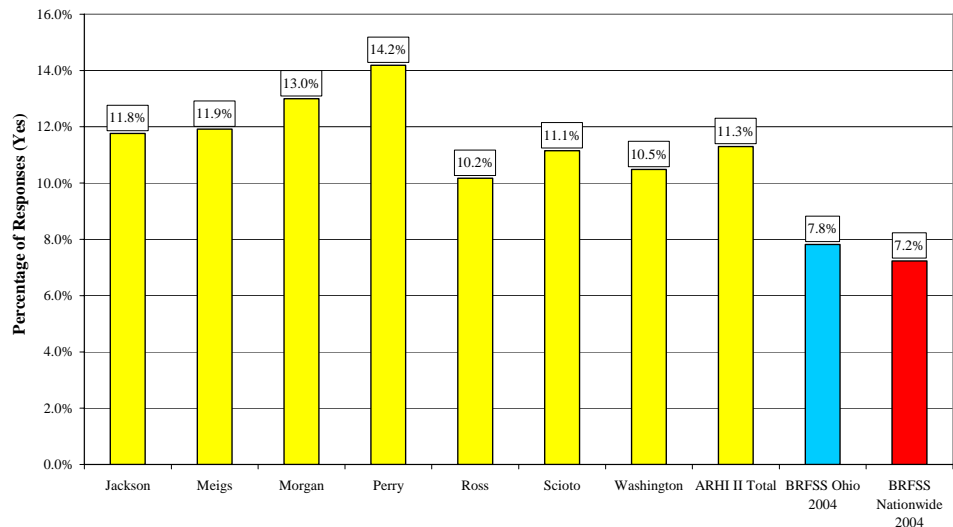
About 2,350 adult residents of Jackson, Meigs, Morgan, Perry, Ross, Scioto and Washington counties were surveyed in an effort to assess prevalence rates for certain chronic diseases and associated risk factors.

The ARHI I survey took place in Athens, Hocking, Pike and Vinton counties in 2003.

This survey was funded by the Ohio Department of Health-Diabetes Prevention and Control Program.

For more information about ARHI and this survey go to:

Have you ever been told by a health care professional that you have high blood sugar, diabetes, or sugar?



GENERAL FINDINGS

- The 11.3% diabetes prevalence rate for the ARHI II counties obtained in this study is much higher than the BRFSS 2004 Ohio and national comparison rates of 7.8% and 7.2%, respectively.
 - The Behavioral Risk Factor Surveillance System Survey (BRFSS) is an annual telephone survey developed by the Centers for Disease Control and Prevention and conducted in all fifty states, the District of Columbia and U.S. territories.
- Diabetes prevalence rates are highest in Perry and Morgan counties and lowest in Ross and Washington counties.
- ARHI II diabetics have significantly higher rates of heart disease, heart attack, stroke, high cholesterol and hypertension than non-diabetics. As body mass increases, so does the risk for diabetes.
- Diabetics are more likely to report they have worse overall health than non-diabetics.

DEFINING DIABETES

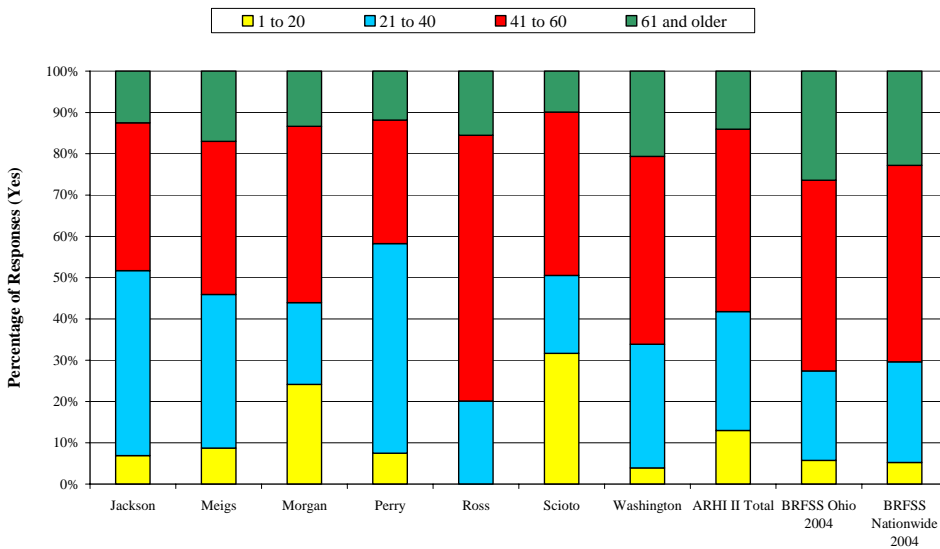
Respondents were classified as having diabetes if they answered "yes" to the question: "Have you ever been told by a doctor or other health care professional that you have high blood sugar, diabetes, or sugar?"

- Female respondents who answered "yes" were further queried: "Was this only when you were pregnant?" to identify gestational diabetics. Gestational diabetics are not included in the ARHI II or BRFSS rates reported here.

DIABETES

AGE OF DIAGNOSIS

How old were you when you were first told that you had high blood sugar/diabetes?

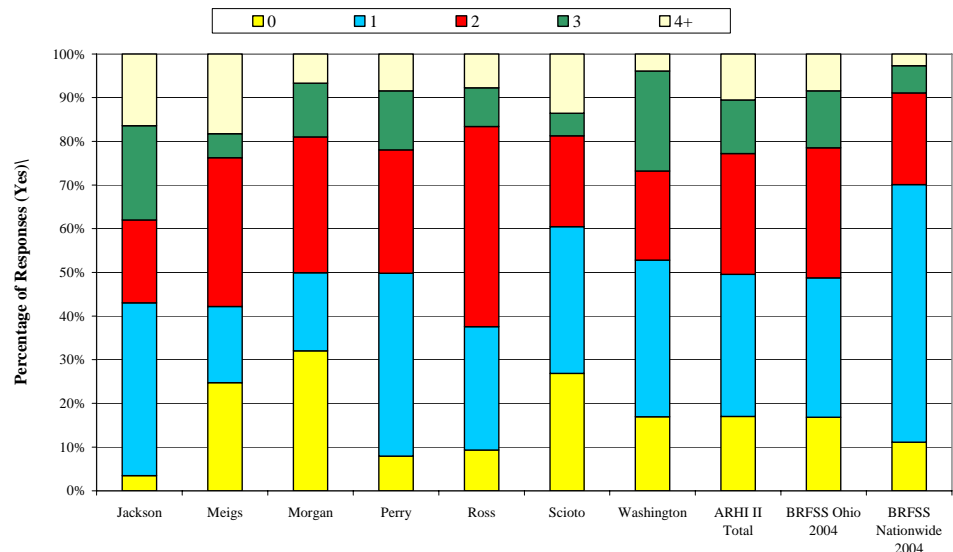


- Diabetes is being diagnosed earlier in the ARHI II counties; with 13% of all diabetics reporting they received their diagnosis before age 21 compared to less than 6% in Ohio and nationally.
- In Morgan County, almost 25% of all diabetics were diagnosed by age 20.
- As age increases, the likelihood of being diagnosed with diabetes increases.

BLOOD GLUCOSE TESTING

How many times per day do you usually check your blood for glucose or sugar?

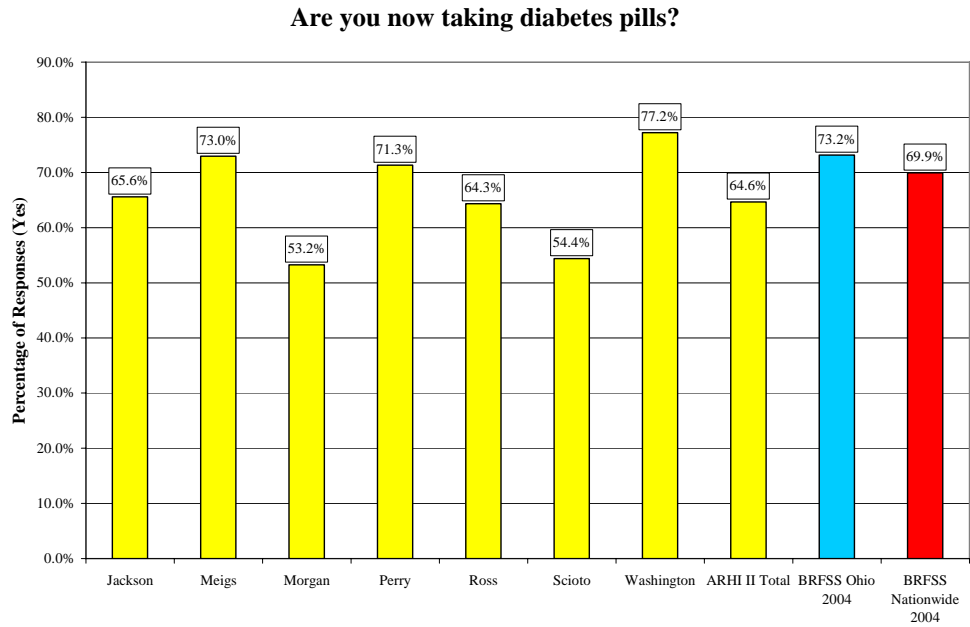
- Approximately the same proportion of diabetics, (17%) do not check their blood sugar in the ARHI II counties as in Ohio and nationally.
- Scioto has the highest proportion of diabetics that do not check their blood sugar or only check once per day.



DIABETES TREATMENT

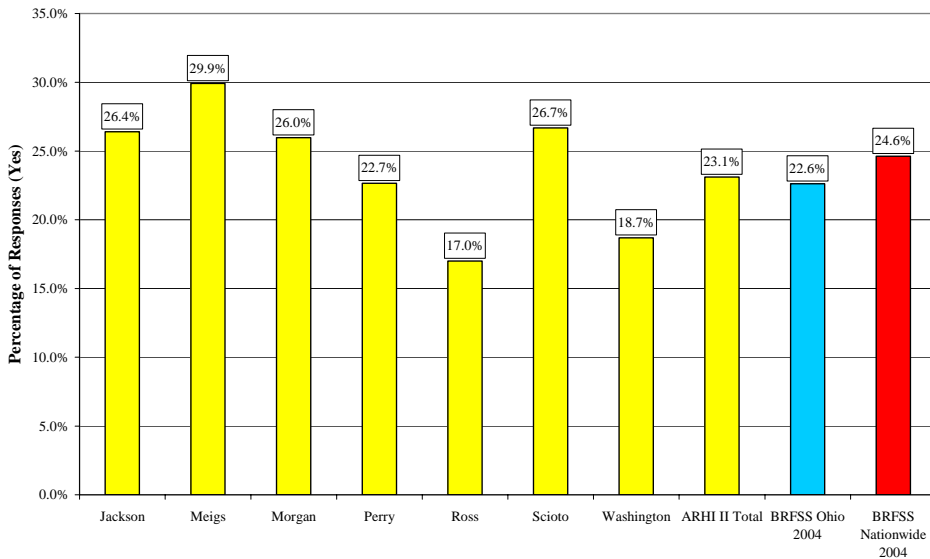
ORAL MEDICATION

- Approximately 65% of ARHI II diabetics take pills as part of their treatment compared to 70% nationally.
- Within the seven counties, the usage rate for oral medication is highest in Washington County and lowest in Morgan County.
- Twenty-three percent of ARHI II diabetics take neither insulin or oral medication to treat their disease.



INSULIN

Are you now taking insulin?

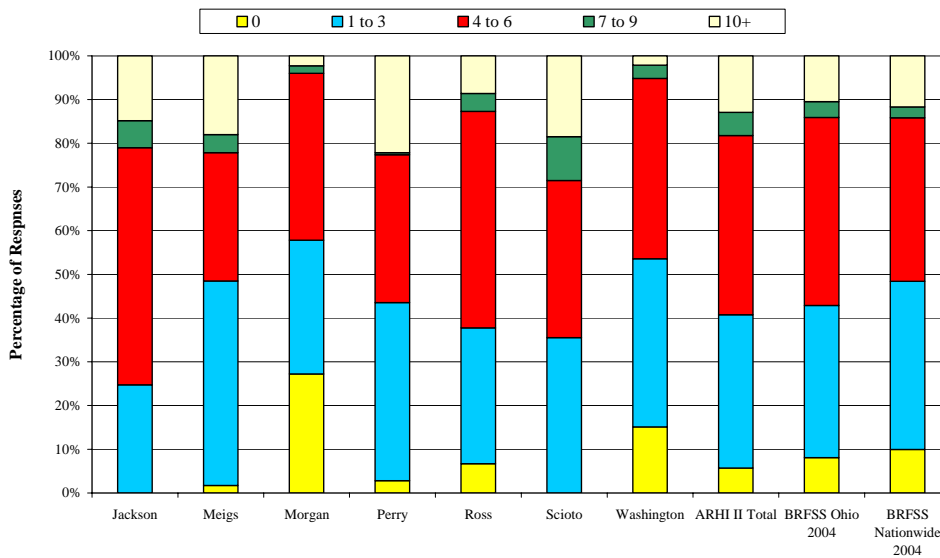


- In the ARHI II region 13% percent of diabetics take insulin only and 10% take it in combination with oral medication.
- Insulin treatment rates vary considerably among the counties with Meigs having the highest rate and Ross the lowest.

ACCESS TO CARE

PROFESSIONAL CARE

How many times in the past 12 months have you seen a doctor or healthcare professional for your high blood sugar/diabetes?



- Fewer diabetics in the ARHI II counties, (6%) report they have not seen a healthcare professional in the past 12 months for their illness than in Ohio or nationally.
- In Morgan County 27% of diabetics had not seen a healthcare provider for care in the past 12 months.

COST OF CARE

- Approximately 12.7% of ARHI II diabetics report being unable to see a health care provider because of cost.
- Cost also prevents 28.0% of diabetics from taking oral medication, 29.5% from regularly checking their blood sugar with test strips and 14.5% from attending diabetes education programs.

Are you unable to do any of the following due to cost?

