

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?								
		Yes [Excludes Yes, but female told only during pregnancy]								
		Observed Rate		Individuals		n	N	Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI		Individuals				%	95% CI	
Total	5.9%	(5.0% - 7.0%)		29,432		333	4,933	6.7%	(5.7% - 7.8%)	
Demographics										
Gender										
Female	6.2%	(4.9% - 7.8%)		14,821		171	2,653	6.7%	(5.3% - 8.4%)	
Male	5.7%	(4.5% - 7.1%)		14,611		162	2,280	6.7%	(5.3% - 8.4%)	
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	2%	(0% - 8%)		1,334		3	277	NA	(NA - NA)	
Persons aged 25 to 34 years	1.8%	(0.8% - 3.9%)		1,813		14	803	NA	(NA - NA)	
Persons aged 35 to 44 years	3.9%	(2.4% - 6.2%)		3,755		34	919	NA	(NA - NA)	
Persons aged 45 to 64 years	7.9%	(6.4% - 9.7%)		14,304		178	2,271	NA	(NA - NA)	
Persons aged 65 years and older	17.2%	(13.2% - 22.0%)		8,526		104	663	NA	(NA - NA)	
Race and Ethnicity										
American Indian or Alaska Native	6.8%	(4.6% - 10.0%)		4,713		56	945	8.2%	(5.7% - 11.6%)	
Asian or Pacific Islander	4%	(1% - 11%)		40,000		9	127	3%	(1% - 9%)	
Asian	4%	(1% - 13%)		630		7	100	4%	(1% - 12%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)		DSU		DSU	27	DSU	(DSU - DSU)	
Black or African American	7%	(3% - 15%)		785		9	79	14%	(8% - 24%)	
White	5.4%	(4.5% - 6.5%)		20,097		240	3,556	5.8%	(4.8% - 7.0%)	
Hispanic or Latino	DSU	(DSU - DSU)		DSU		DSU	134	DSU	(DSU - DSU)	
Not Hispanic or Latino	5.6%	(4.8% - 6.6%)		26,750		315	4,729	6.3%	(5.4% - 7.4%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)		DSU		DSU	34	DSU	(DSU - DSU)	
White, not Hispanic or Latino	5.4%	(4.4% - 6.5%)		19,224		225	3,429	5.7%	(4.7% - 6.9%)	
Alaska Native										
Yes	7.0%	(4.9% - 10.0%)		5,488		68	1,041	8.3%	(6.0% - 11.5%)	
No	5.7%	(4.7% - 6.8%)		23,543		261	3,844	6.3%	(5.2% - 7.6%)	
Geographic Location										
Anchorage & Vicinity	6.1%	(4.7% - 7.9%)		16,588		79	1,024	7.0%	(5.4% - 9.1%)	
Fairbanks & Vicinity	5.8%	(4.0% - 8.4%)		3,961		68	1,009	6.7%	(4.8% - 9.2%)	
Gulf Coast	5.1%	(3.9% - 6.7%)		2,892		61	1,017	5.2%	(3.9% - 6.9%)	
Rural	4.5%	(3.3% - 6.2%)		2,150		51	962	5.7%	(3.9% - 8.1%)	
Southeast	7.2%	(5.6% - 9.1%)		3,841		74	921	7.2%	(5.7% - 9.1%)	

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?								
		Yes [Excludes Yes, but female told only during pregnancy]								
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N			%	95% CI	
Urban/Rural										
Metropolitan Statistical Area	6.0%	(4.8% - 7.5%)	19,898	140	1,970			6.9%	(5.5% - 8.6%)	
Micropolitan Statistical Area & Urban Clusters	6.2%	(5.0% - 7.6%)	5,036	106	1,455			6.8%	(5.5% - 8.3%)	
Rural	5.4%	(4.2% - 7.0%)	4,498	87	1,508			5.6%	(4.4% - 7.2%)	
Education Level (persons aged 25 years and older)										
Less than high school	13%	(8% - 19%)	3,572	36	328			13%	(8% - 21%)	
High school graduate	5.3%	(4.0% - 7.1%)	6,638	93	1,370			6.3%	(4.7% - 8.3%)	
At least some college	7.8%	(5.9% - 10.2%)	10,232	117	1,380			8.9%	(6.7% - 11.7%)	
College Graduate	5.5%	(4.1% - 7.4%)	8,046	84	1,568			6.1%	(4.5% - 8.2%)	
Employment Status										
Employed	3.9%	(3.1% - 4.9%)	13,096	150	3,258			5.0%	(3.7% - 6.9%)	
Unemployed	4%	(2% - 9%)	1,425	12	342			4%	(2% - 9%)	
Not in Workforce (Student, Homemaker, Retired)	10.3%	(7.8% - 13.5%)	11,235	123	1,094			8.1%	(6.0% - 10.7%)	
Unable to work	21%	(14% - 31%)	3,604	46	217			DSU	(DSU - DSU)	
Marital Status										
Married or Unwed Couple	5.1%	(4.1% - 6.2%)	16,875	169	2,960			5.6%	(4.4% - 7.0%)	
Divorced/Separated	8.7%	(6.5% - 11.4%)	4,861	77	849			7.2%	(5.4% - 9.7%)	
Widowed	19%	(12% - 28%)	3,419	48	310			10%	(5% - 19%)	
Never Married	4.9%	(2.8% - 8.5%)	4,278	38	788			11.0%	(6.8% - 17.2%)	
Income Level										
<\$15,000	9%	(6% - 14%)	2,772	44	383			10%	(7% - 14%)	
\$15,000 - \$24,999	6.7%	(3.6% - 12.3%)	2,970	39	525			7.4%	(4.4% - 12.3%)	
\$25,000 - \$49,999	5.4%	(3.8% - 7.6%)	5,793	74	1,083			6.2%	(4.5% - 8.4%)	
\$50,000 - \$74,999	7.6%	(5.1% - 11.2%)	6,298	57	858			8.6%	(5.7% - 12.8%)	
\$75,000	4.2%	(3.1% - 5.7%)	7,266	76	1,533			4.6%	(3.1% - 6.6%)	
Poverty Threshold										
Poor (<100% Poverty Threshold)	5%	(2% - 8%)	1,762	20	353			6%	(3% - 12%)	
Near Poor (100% to 199% Poverty Threshold)	8.1%	(5.3% - 12.3%)	5,565	68	708			9.9%	(6.9% - 14.0%)	
Middle/High Income (>=200% Poverty Threshold)	5.4%	(4.4% - 6.6%)	18,076	202	3,321			5.8%	(4.7% - 7.2%)	

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?								
		Yes [Excludes Yes, but female told only during pregnancy]								
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N			%	95% CI	
Below Poverty Guidelines										
Yes	6%	(4% - 10%)	3,012	32	483			9%	(5% - 14%)	
No	5.7%	(4.7% - 6.9%)	22,077	258	3,899			6.4%	(5.3% - 7.8%)	
Veteran										
Yes	8%	(5% - 12%)	7,700	48	493			6%	(4% - 9%)	
No	6.3%	(4.8% - 8.3%)	25,181	139	2,163			7.4%	(5.7% - 9.5%)	
Health Status										
General Health										
Excellent to Very Good	2.1%	(1.4% - 3.0%)	5,733	56	2,597			2.8%	(1.9% - 4.0%)	
Good	7.0%	(5.4% - 8.9%)	10,365	121	1,553			7.3%	(5.6% - 9.4%)	
Fair/Poor	19.4%	(15.3% - 24.4%)	13,090	153	763			17.8%	(13.4% - 23.3%)	
Healthy Days (Mean Number of Days)										
Physical Health Not Good	9.1	(7.3 - 11.0)				321		9.7	(7.7 - 11.8)	
Mental Health Not Good	5.5	(3.8 - 7.2)				316		7.8	(5.3 - 10.4)	
Unhealthy Days (Physical or Mental Health Not Good)	11.9	(9.6 - 14.1)				310		14.6	(12.4 - 16.7)	
Days with Activity Limitation	5.4	(3.5 - 7.2)				324		8.0	(6.1 - 9.8)	
Healthy Days (Percentage with 14 or More Days)										
Physical Health Not Good	16.7%	(12.6% - 21.8%)	8,171	98	530			15.1%	(11.4% - 19.7%)	
Mental Health Not Good	12%	(8% - 18%)	5,101	53	470			15%	(10% - 21%)	
Unhealthy Days (Physical or Mental Health Not Good)	13.5%	(10.2% - 17.6%)	10,669	118	840			14.4%	(10.9% - 18.9%)	
Activity Limitation	17%	(11% - 25%)	5,705	54	335			17%	(11% - 26%)	
Disability										
Disabled										
Yes	14.0%	(9.9% - 19.4%)	16,184	92	695			14.1%	(9.1% - 21.2%)	
No	4.3%	(3.2% - 5.9%)	16,322	94	1,938			5.7%	(4.1% - 7.9%)	
Activity Limitation										
Yes	12.5%	(9.9% - 15.7%)	14,091	153	1,199			11.9%	(8.9% - 15.7%)	
No	4.0%	(3.2% - 5.0%)	15,130	176	3,681			5.1%	(4.0% - 6.4%)	
Require Special Equipment										
Yes	22%	(14% - 32%)	7,056	45	200			22%	(14% - 32%)	
No	5.5%	(4.2% - 7.2%)	25,654	142	2,453			6.6%	(5.1% - 8.6%)	

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes? Yes [Excludes Yes, but female told only during pregnancy]						Age-Adjusted Rate	
		Observed Rate			n	N	%	95% CI	
		Population at Risk (See Appendix)	%	95% CI				Individuals	
Mental Health									
Depression Measure (PHQ-8)									
No Depression	5.3%	(3.9% - 7.2%)	17,429	99	1,733	93.4%	(91.4% - 94.9%)		
Mild Depression	5%	(3% - 9%)	3,514	24	346	6%	(5% - 8%)		
Moderate to Severe Depression	DSU	(DSU - DSU)	DSU	DSU	163	DSU	(DSU - DSU)		
Social and Emotional Support									
Always/Usually	5.8%	(4.5% - 7.5%)	22,650	120	1,996	6.6%	(5.1% - 8.5%)		
Sometimes/Rarely/Never	10.8%	(6.5% - 17.5%)	9,436	61	533	11.6%	(7.6% - 17.2%)		
Life Satisfaction									
Very Satisfied / Satisfied	6.2%	(5.0% - 7.8%)	28,574	162	2,440	6.9%	(5.5% - 8.7%)		
Dissatisfied / Very Dissatisfied	DSU	(DSU - DSU)	DSU	DSU	116	DSU	(DSU - DSU)		
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	6.7%	(5.6% - 7.9%)	27,216	296	4,142	7.1%	(6.0% - 8.4%)		
No	2.3%	(1.4% - 3.8%)	2,017	36	761	2.4%	(1.5% - 3.7%)		
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	22%	(15% - 31%)	7,363	46	234	21%	(14% - 30%)		
No	13%	(6% - 24%)	1,999	12	130	13%	(6% - 26%)		
Ever Had Pneumonia Shot (Ages 65+)									
Yes	23%	(15% - 33%)	6,991	102	218	22%	(14% - 32%)		
No	11%	(6% - 20%)	1,723	72	132	12%	(6% - 22%)		
Ever Had Hepatitis B Shot									
Yes	8.7%	(5.8% - 12.7%)	15,787	72	900	11.3%	(7.8% - 16.2%)		
No	5.2%	(3.9% - 7.0%)	11,157	82	1,238	4.9%	(3.7% - 6.6%)		
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	4.5%	(3.0% - 6.7%)	8,480	54	974	4.9%	(3.3% - 7.3%)		
No	6.2%	(4.1% - 9.3%)	14,492	69	1,164	5.9%	(3.8% - 8.9%)		

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?					
		Yes [Excludes Yes, but female told only during pregnancy]					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
Clinical Breast Exam Annually (Women Ages 40+)							
Yes	11.0%	(7.5% - 16.0%)	8,874	52	564	12.4%	(8.4% - 18.0%)
No	6%	(4% - 10%)	3,054	25	358	8%	(5% - 12%)
Colorectal Screening (Ages 50+)							
Yes	14.8%	(11.1% - 19.4%)	14,640	98	699	15.7%	(11.7% - 20.6%)
No	10.3%	(7.0% - 14.9%)	7,330	44	511	12.7%	(8.2% - 19.2%)
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)							
Yes	14%	(9% - 21%)	6,529	38	283	11%	(7% - 17%)
No	9.2%	(5.9% - 13.9%)	7,694	45	526	10.9%	(7.0% - 16.5%)
Home Occult Blood Test (Ages 50+)							
Yes	16%	(10% - 24%)	4,331	30	194	16%	(10% - 23%)
No	12.0%	(9.1% - 15.6%)	16,891	107	996	14.0%	(10.4% - 18.5%)
Mammogram within Past 2 Years (Women Ages 40+)							
Yes	10.2%	(7.4% - 13.9%)	9,094	62	651	10.9%	(7.8% - 15.0%)
No	8%	(4% - 16%)	3,434	17	277	9%	(4% - 17%)
Oral Cancer Exam Annually							
Yes	8.2%	(5.5% - 12.2%)	10,117	48	673	8.6%	(5.7% - 12.8%)
No	5.7%	(4.2% - 7.8%)	19,037	121	1,755	6.6%	(5.0% - 8.6%)
Pap Test within Past 3 Years (Women Ages 18+)							
Yes	4.8%	(3.3% - 7.0%)	7,660	49	916	6.8%	(4.7% - 9.8%)
No	DSU	(DSU - DSU)	DSU	DSU	172	DSU	(DSU - DSU)
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)							
Yes	12%	(8% - 18%)	7,322	44	384	9%	(6% - 14%)
No	8%	(5% - 13%)	5,244	33	399	12%	(7% - 20%)
Diagnoses							
Asthma							
Asthma Diagnosis							
Yes	10.3%	(7.2% - 14.6%)	7,642	71	651	11.5%	(8.3% - 15.8%)
No	5.1%	(4.2% - 6.1%)	21,314	257	4,249	5.8%	(4.8% - 6.9%)

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?								
		Yes [Excludes Yes, but female told only during pregnancy]								
		Observed Rate			Age-Adjusted Rate					
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI		
Current Asthma										
Yes	12%	(8% - 18%)	5,131	49	407		12%	(8% - 18%)		
No	7%	(4% - 14%)	2,033	18	216		11%	(6% - 20%)		
Cardiovascular and Cerebrovascular Disease										
Cardiovascular Disease										
Yes	20%	(14% - 26%)	4,312	61	271		14%	(9% - 23%)		
No	5.1%	(4.2% - 6.1%)	23,970	254	4,587		6.0%	(5.0% - 7.3%)		
Heart Attack (Myocardial Infarction)										
Yes	21%	(14% - 30%)	3,004	43	180		16%	(9% - 27%)		
No	5.4%	(4.5% - 6.4%)	25,803	281	4,716		6.2%	(5.2% - 7.4%)		
Coronary Heart Disease (Angina)										
Yes	25%	(17% - 34%)	3,830	50	198		18%	(11% - 30%)		
No	5.2%	(4.3% - 6.2%)	24,692	270	4,690		6.0%	(4.9% - 7.2%)		
Stroke										
Yes	21%	(13% - 32%)	2,098	30	130		18%	(10% - 30%)		
No	5.6%	(4.7% - 6.6%)	27,013	297	4,784		6.4%	(5.4% - 7.6%)		
Diabetes										
Nongestational Diabetes										
Yes	100%	(0% - 0%)	29,432	333	333		100%	(0% - 0%)		
No	0.0%	(0.0% - 0.0%)	0	0	4,600		0.0%	(0.0% - 0.0%)		
Pre-Diabetes										
Yes	0%	(0% - 0%)	0	0	375		0%	(0% - 0%)		
No	0.0%	(0.0% - 0.0%)	0	0	4,194		0.0%	(0.0% - 0.0%)		
Prostate Cancer										
Prostate Cancer										
Yes	DSU	(DSU - DSU)	DSU	DSU	21		DSU	(DSU - DSU)		
No	10.1%	(7.5% - 13.6%)	13,437	83	821		10.6%	(7.6% - 14.5%)		

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes? Yes [Excludes Yes, but female told only during pregnancy]						Age-Adjusted Rate							
		Observed Rate			Individuals	n	N	%	95% CI						
		Population at Risk (See Appendix)	%	95% CI											
Risk Factors															
Alcohol															
Binge Drinking															
Yes	2.7%	(1.6% - 4.5%)	2,128	25	777	5.7%	(2.7% - 11.4%)								
No	6.6%	(5.5% - 7.8%)	27,030	302	4,047	7.0%	(5.9% - 8.3%)								
Heavy Drinking															
Yes	4%	(2% - 8%)	1,124	15	308	4%	(2% - 8%)								
No	6.2%	(5.2% - 7.4%)	25,161	295	3,954	6.9%	(5.8% - 8.2%)								
Physical Activity															
Leisure Time Exercise															
Yes	4.8%	(3.9% - 5.9%)	18,824	203	3,811	5.6%	(4.5% - 6.9%)								
No	9.3%	(7.0% - 12.2%)	9,602	126	1,104	9.4%	(7.0% - 12.4%)								
Tobacco Use															
Cigarette Smoking Status															
Current Smoker	4.5%	(3.2% - 6.5%)	4,877	63	1,106	6.2%	(4.3% - 8.7%)								
Former Smoker	9.6%	(7.6% - 12.0%)	12,971	135	1,508	8.1%	(6.3% - 10.3%)								
Never Smoked	4.6%	(3.5% - 6.1%)	11,527	133	2,289	5.8%	(4.4% - 7.6%)								
Smokeless Tobacco Status															
Current User	4%	(2% - 7%)	977	12	251	6%	(3% - 12%)								
Former User	3.7%	(2.6% - 5.4%)	3,355	45	864	5.4%	(3.6% - 8.1%)								
Never Used	6.5%	(5.3% - 7.8%)	23,288	259	3,604	6.9%	(5.7% - 8.3%)								
Weight Status															
Weight Status															
Normal (BMI <25)	2.7%	(1.8% - 4.0%)	4,517	50	1,596	3.5%	(2.3% - 5.2%)								
Overweight (BMI 25 to 30)	3.9%	(2.8% - 5.4%)	6,936	82	1,767	4.7%	(3.3% - 6.7%)								
Obese (BMI ≥30)	12.7%	(10.2% - 15.6%)	16,897	189	1,379	13.1%	(10.3% - 16.4%)								
Obese I (BMI 30 TO < 35)	7.7%	(5.6% - 10.5%)	6,442	84	855	7.8%	(5.8% - 10.5%)								
Obese II & III (BMI ≥35)	20.9%	(15.8% - 27.2%)	10,455	105	524	22.2%	(16.4% - 29.4%)								

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?						
		Yes [Excludes Yes, but female told only during pregnancy]			Age-Adjusted Rate			
Population at Risk (See Appendix)	%	Observed Rate	95% CI	Individuals	n	N	%	95% CI
Appendix								

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 using age groups shown (except where noted in Population at Risk descriptions).

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.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

Individuals = Estimated number of adult individuals meeting conditions.

n = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

N = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

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

Response codes:

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 for the specified period.

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

Notes:

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