

Diabetes

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009: Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you ever been told by a doctor that you have diabetes?									
	Response:	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							95% CI	
Total	6.0%	(5.2% - 7.0%)	30,639	350	4,756			6.8%	(5.9% - 7.9%)	
Demographics										
Gender										
Female	6.0%	(4.9% - 7.3%)	14,625	189	2,610	3		6.4%	(5.3% - 7.8%)	
Male	6.1%	(4.8% - 7.6%)	16,014	161	2,146	3		7.3%	(5.8% - 9.0%)	
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	1%	(0% - 3%)	726	2	276	3		NA	(NA - NA)	
Persons aged 25 to 34 years	2.2%	(0.9% - 5.2%)	2,221	12	672	3		NA	(NA - NA)	
Persons aged 35 to 44 years	2.6%	(1.6% - 4.1%)	2,499	27	847	3		NA	(NA - NA)	
Persons aged 45 to 64 years	8.3%	(6.8% - 10.1%)	15,108	172	2,149	3		NA	(NA - NA)	
Persons aged 65 years and older	19.2%	(15.3% - 23.9%)	10,130	134	754			NA	(NA - NA)	
Race and Ethnicity										
American Indian or Alaska Native	5.1%	(3.7% - 7.0%)	3,771	58	852	3		6.1%	(4.5% - 8.2%)	
Asian or Pacific Islander	9%	(4% - 20%)	1,887	8	121	3		11%	(5% - 23%)	
Asian	5%	(2% - 15%)	640	6	96	3		7%	(2% - 17%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25	3		DSU	(DSU - DSU)	
Black or African American	9%	(4% - 18%)	933	8	64	3		12%	(6% - 23%)	
White	6.2%	(5.2% - 7.4%)	23,739	263	3,484			6.9%	(5.8% - 8.1%)	
Hispanic or Latino	2%	(1% - 5%)	397	4	131	3		3%	(1% - 8%)	
Not Hispanic or Latino	6.2%	(5.3% - 7.3%)	30,246	345	4,574			7.0%	(6.1% - 8.1%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	29	3		DSU	(DSU - DSU)	
White, not Hispanic or Latino	6.2%	(5.2% - 7.4%)	22,664	253	3,346			6.8%	(5.8% - 8.1%)	

For table end notes see Appendix J on Pg 429.

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	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			
		%	95% CI	Individuals	n	N	#	%
Alaska Native								
Yes	5.9%	(4.3% - 8.0%)	4,894	68	933	3	7.0%	(5.1% - 9.4%)
No	6.1%	(5.1% - 7.2%)	25,536	278	3,765		6.9%	(5.8% - 8.1%)
Geographic Location								
Anchorage & Vicinity	6.4%	(5.0% - 8.1%)	17,421	83	996	3	7.3%	(5.8% - 9.2%)
Fairbanks & Vicinity	5.4%	(4.2% - 6.8%)	4,061	80	1,020	3	6.7%	(5.3% - 8.5%)
Gulf Coast	7.1%	(5.4% - 9.3%)	4,114	86	986	3	7.1%	(5.4% - 9.2%)
Rural	4.0%	(2.8% - 5.7%)	1,936	39	795	3	5.1%	(3.5% - 7.3%)
Southeast	5.7%	(4.4% - 7.5%)	3,107	62	959	3	5.8%	(4.5% - 7.6%)
Urban/Rural								
Metropolitan Statistical Area	6.2%	(5.0% - 7.6%)	20,872	157	1,932	3	7.3%	(5.9% - 8.8%)
Micropolitan Statistical Area & Urban Clusters	6.0%	(4.7% - 7.5%)	5,347	107	1,489	3	7.0%	(5.6% - 8.6%)
Rural	5.5%	(4.3% - 7.0%)	4,420	86	1,330	3	5.4%	(4.2% - 6.9%)
Education Level (persons aged 25 years and older)								
Less than high school	8%	(5% - 13%)	2,004	29	291	3	8%	(5% - 12%)
High school graduate	8.4%	(6.4% - 11.0%)	9,869	114	1,278	3	9.6%	(7.4% - 12.4%)
At least some college	7.5%	(5.8% - 9.7%)	9,610	121	1,334	3	8.1%	(6.3% - 10.4%)
College Graduate	5.2%	(3.9% - 6.9%)	8,606	84	1,568	3	6.2%	(4.6% - 8.3%)
Employment Status								
Employed	4.3%	(3.4% - 5.5%)	14,437	140	2,986	3	5.4%	(4.0% - 7.3%)
Unemployed	5%	(3% - 8%)	2,190	20	393	3	7%	(3% - 16%)
Not in Workforce (Student, Homemaker, Retired)	9.8%	(7.7% - 12.3%)	10,933	142	1,149	3	7.1%	(5.6% - 8.9%)
Unable to work	18%	(13% - 26%)	3,091	46	203	3	15%	(9% - 22%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	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	
		%	95% CI	Individuals	n	N	#	%
Marital Status								
Married or Unwed Couple	5.9%	(4.8% - 7.1%)	17,951	171	2,692	3	6.2%	(5.1% - 7.5%)
Divorced/Separated	17%	(11% - 25%)	2,925	55	328	3	6%	(4% - 9%)
Widowed	9.2%	(6.7% - 12.4%)	5,267	83	798	3	7.8%	(5.6% - 10.9%)
Never Married	3.6%	(1.9% - 6.6%)	3,358	29	681	3	6.3%	(3.9% - 10.1%)
Income Level								
<\$15,000	7%	(5% - 10%)	2,131	38	353	3	7%	(5% - 10%)
\$15,000 - \$24,999	7%	(5% - 10%)	3,300	48	485	3	8%	(5% - 12%)
\$25,000 - \$49,999	7.2%	(5.5% - 9.4%)	7,081	101	985	3	8.2%	(6.4% - 10.6%)
\$50,000 - \$74,999	6.1%	(4.1% - 8.9%)	5,098	49	811	3	6.2%	(4.4% - 8.7%)
\$75,000	5.2%	(3.8% - 7.2%)	9,662	74	1,551	3	6.7%	(4.7% - 9.4%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	4%	(2% - 7%)	1,429	20	319	3	5%	(3% - 9%)
Near Poor (100% to 199% Poverty Threshold)	6.7%	(4.7% - 9.6%)	4,258	58	609	3	8.0%	(5.7% - 11.1%)
Middle/High Income (>=200% Poverty Threshold)	6.2%	(5.2% - 7.5%)	21,546	232	3,257	3	6.9%	(5.7% - 8.2%)
Below Poverty Guidelines								
Yes	4%	(2% - 7%)	2,023	27	432	3	6%	(4% - 11%)
No	6.4%	(5.4% - 7.5%)	25,101	283	3,753		6.9%	(5.9% - 8.2%)
Veteran								
Yes	10.5%	(8.0% - 13.6%)	9,480	92	818	3	9.4%	(7.4% - 12.0%)
No	5.0%	(4.2% - 6.1%)	21,101	256	3,923	3	6.1%	(5.1% - 7.2%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you ever been told by a doctor that you have diabetes?							
	Response:	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
Health Status								
General Health								
Excellent to Very Good	2.6%	(1.9% - 3.5%)	7,891	85	2,600	3	3.3%	(2.4% - 4.5%)
Good	8.5%	(6.6% - 11.0%)	12,462	133	1,459	3	8.7%	(6.8% - 11.0%)
Fair/Poor	17.8%	(14.1% - 22.3%)	9,964	128	668		15.4%	(12.2% - 19.4%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	7.0	(5.4 - 8.7)				336	6.0	(3.9 - 8.1)
Mental Health Not Good	4.6	(3.1 - 6.1)				339	4.3	(2.7 - 6.0)
Unhealthy Days (Physical or Mental Health Not Good)	9.3	(7.4 - 11.1)				340	8.5	(5.7 - 11.2)
Days with Activity Limitation	4.3	(2.9 - 5.7)				340	3.3	(2.3 - 4.4)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	18%	(13% - 23%)	7,117	83	476	3	15%	(11% - 19%)
Mental Health Not Good	12%	(8% - 18%)	4,390	47	390	3	13%	(9% - 18%)
Unhealthy Days (Physical or Mental Health Not Good)	13.3%	(10.2% - 17.1%)	9,421	105	760	3	13.1%	(10.3% - 16.5%)
Activity Limitation	16%	(11% - 23%)	4,186	57	329	3	13%	(9% - 17%)
Disability								
Disabled								
Yes	11.6%	(9.4% - 14.2%)	12,818	166	1,183		9.7%	(8.0% - 11.7%)
No	4.5%	(3.6% - 5.6%)	17,684	182	3,494	3	5.5%	(4.4% - 6.8%)
Activity Limitation								
Yes	11.1%	(8.9% - 13.8%)	11,564	154	1,109		9.4%	(7.7% - 11.5%)
No	4.8%	(3.9% - 5.9%)	19,036	195	3,576	3	5.9%	(4.8% - 7.2%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) 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 95% CI		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)										
Require Special Equipment										
Yes		19%	(14% - 25%)	5,603	77	342		14%	(11% - 18%)	
No		5.1%	(4.3% - 6.1%)	24,514	271	4,377	3	6.0%	(5.0% - 7.1%)	
Mental Health										
Social and Emotional Support										
Always/Usually		5.5%	(4.2% - 7.1%)	20,702	114	1,747	3	6.6%	(5.1% - 8.6%)	
Sometimes/Rarely/Never		8.0%	(5.4% - 11.7%)	7,663	49	511	3	7.4%	(5.3% - 10.4%)	
Life Satisfaction										
Very Satisfied / Satisfied		5.7%	(4.5% - 7.1%)	25,801	152	2,173	3	6.5%	(5.2% - 8.1%)	
Dissatisfied / Very Dissatisfied		12%	(6% - 22%)	2,240	12	93	3	12%	(5% - 23%)	
Healthcare										
Healthcare Coverage										
Health Plan										
Yes		6.6%	(5.6% - 7.8%)	27,564	312	3,946		7.0%	(6.0% - 8.1%)	
No		3.1%	(1.9% - 5.0%)	2,712	36	781	3	3.6%	(2.2% - 6.1%)	
Immunization										
Flu Shot Within Past 12 Months (Ages 65+)										
Yes		10.3%	(7.8% - 13.4%)	19,514	107	917	3	9.9%	(7.6% - 12.8%)	
No		3.2%	(2.3% - 4.5%)	9,931	66	1,442	3	3.5%	(2.6% - 4.7%)	
Ever Had Pneumonia Shot (Ages 65+)										
Yes		16.6%	(12.5% - 21.6%)	16,852	102	601	3	14.0%	(9.4% - 20.3%)	
No		3.2%	(2.2% - 4.5%)	10,397	61	1,498	3	4.1%	(2.7% - 6.2%)	

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) 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 95% CI	Individuals	n	N	#	%
Population at Risk (See Appendix)								
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	3.2%	(2.1% - 4.8%)	6,703	38	905	3	3.7%	(2.4% - 5.5%)
No	5.8%	(4.0% - 8.4%)	11,946	60	936	3	5.1%	(3.3% - 7.9%)
Diagnoses								
Arthritis								
Arthritis								
Yes	10.0%	(7.6% - 13.0%)	11,456	85	691	3	6.8%	(5.2% - 8.8%)
No	4.6%	(3.4% - 6.3%)	17,441	86	1,648	3	6.4%	(4.6% - 8.7%)
Asthma								
Asthma Diagnosis								
Yes	10.2%	(7.3% - 14.1%)	6,802	69	626	3	12.7%	(9.3% - 16.9%)
No	5.4%	(4.5% - 6.4%)	23,837	281	4,115		6.1%	(5.1% - 7.1%)
Current Asthma								
Yes	14%	(10% - 20%)	5,842	51	400	3	16%	(11% - 21%)
No	5%	(2% - 9%)	1,126	17	200	3	7%	(4% - 14%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	28%	(21% - 36%)	5,538	65	248		14%	(10% - 18%)
No	5.0%	(4.2% - 5.9%)	24,031	273	4,453	3	6.0%	(5.0% - 7.1%)
Heart Attack (Myocardial Infarction)								
Yes	27%	(19% - 36%)	3,907	48	182		13%	(10% - 18%)
No	5.4%	(4.5% - 6.3%)	26,432	299	4,555		6.3%	(5.4% - 7.5%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) 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	#	Age-Adjusted Rate
%	95% CI	%	95% CI					
Population at Risk (See Appendix)								
Coronary Heart Disease (Angina)								
Yes	28%	(20% - 39%)	3,446	44	160		14%	(9% - 20%)
No	5.3%	(4.5% - 6.3%)	26,185	296	4,555		6.3%	(5.3% - 7.4%)
Stroke								
Yes	24%	(15% - 36%)	2,294	36	136	3	17%	(10% - 29%)
No	5.6%	(4.8% - 6.6%)	27,939	309	4,606		6.5%	(5.6% - 7.7%)
Diabetes								
Nongestational Diabetes								
Yes	100%	(0% - 0%)	30,639	350	350		100%	(0% - 0%)
No	0.0%	(0.0% - 0.0%)	0	0	4,406		0.0%	(0.0% - 0.0%)
Pre-Diabetes								
Yes	0%	(0% - 0%)	0	0	438		0%	(0% - 0%)
No	0.0%	(0.0% - 0.0%)	0	0	3,956		0.0%	(0.0% - 0.0%)
Risk Factors								
Alcohol								
Binge Drinking								
Yes	3%	(1% - 5%)	2,644	13	388	3	6%	(3% - 13%)
No	6.6%	(5.3% - 8.2%)	26,661	160	1,954	3	7.0%	(5.6% - 8.7%)
Heavy Drinking								
Yes	2%	(1% - 5%)	611	5	159	3	2%	(1% - 6%)
No	5.9%	(4.8% - 7.3%)	27,107	167	2,159	3	6.7%	(5.4% - 8.2%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	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			
		%	95% CI	Individuals	n	N	#	%
Hypercholesterolemia								
High Cholesterol								
Yes	15.1%	(11.9% - 19.0%)	19,133	111	754	3	13.2%	(8.9% - 19.2%)
No	4.0%	(2.6% - 6.1%)	9,388	51	1,091	3	4.6%	(2.9% - 7.2%)
Hypertension								
High Blood Pressure								
Yes	12.6%	(9.9% - 15.8%)	16,861	118	777	3	8.7%	(6.9% - 10.9%)
No	3.4%	(2.3% - 5.0%)	12,748	56	1,630	3	4.8%	(3.1% - 7.2%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	5%	(2% - 10%)	1,531	10	141	3	5%	(3% - 11%)
1 to <3 Times Per Day	7.1%	(4.9% - 10.0%)	11,921	67	810	3	7.5%	(5.3% - 10.5%)
3 to <5 Times Per Day	5.1%	(3.5% - 7.3%)	8,885	56	835	3	5.9%	(4.0% - 8.6%)
5 Or More Times Per Day	6.0%	(3.8% - 9.2%)	6,843	37	541	3	6.7%	(4.5% - 9.9%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	5.1%	(3.8% - 6.9%)	17,724	88	1,532	3	6.3%	(4.6% - 8.5%)
Insufficient	6%	(4% - 10%)	4,754	33	424	3	6%	(4% - 10%)
Inactive	13%	(9% - 19%)	5,220	41	233	3	11%	(8% - 15%)
Leisure Time Exercise								
Yes	4.7%	(3.9% - 5.6%)	19,201	218	3,741	3	5.6%	(4.7% - 6.7%)
No	11.4%	(8.8% - 14.8%)	11,404	131	1,000	3	10.4%	(7.8% - 13.8%)

Diabetes (continued)

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Screening Question:	Have you ever been told by a doctor that you have diabetes?									
	Response:	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							95% CI	
Sexual Violence/Intimate Partner Violence										
Parents Physically Hurt by Spouse/Partner										
Yes	4%	(3% - 7%)	3,456	31	427	3	5%	(3% - 7%)		
No	5.6%	(4.4% - 7.2%)	20,486	118	1,736	3	6.5%	(5.1% - 8.2%)		
Unwanted Sexual Activity										
Yes	8%	(5% - 11%)	4,989	30	339	3	11%	(7% - 16%)		
No	5.1%	(4.0% - 6.6%)	19,826	121	1,830	3	5.7%	(4.4% - 7.3%)		
Ever Hurt or Threatened by Intimate Partner										
Yes	5.7%	(3.7% - 8.7%)	5,483	38	508	3	6.1%	(4.0% - 9.2%)		
No	5.4%	(4.2% - 6.9%)	19,075	113	1,667	3	6.1%	(4.7% - 7.8%)		
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner										
Yes	8%	(3% - 17%)	2,116	10	120	3	9%	(4% - 18%)		
No	5.3%	(4.2% - 6.6%)	22,453	141	2,058	3	5.9%	(4.7% - 7.4%)		
Tobacco Use										
Cigarette Smoking Status										
Current Smoker	5.8%	(3.8% - 8.6%)	5,460	62	943	3	5.4%	(3.7% - 7.9%)		
Former Smoker	8.2%	(6.4% - 10.3%)	11,445	139	1,477	3	7.0%	(5.6% - 8.8%)		
Never Smoked	5.0%	(4.0% - 6.3%)	13,606	145	2,293	3	6.8%	(5.4% - 8.4%)		
Smokeless Tobacco Status										
Current User	1%	(0% - 2%)	220	5	214	3	2%	(1% - 7%)		
Former User	3.4%	(2.3% - 5.1%)	3,064	44	727	3	6.0%	(3.9% - 9.0%)		
Never Used	6.7%	(5.7% - 7.9%)	25,021	284	3,610		7.1%	(6.1% - 8.3%)		

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	Response: %	Have you ever been told by a doctor that you have diabetes?					Age-Adjusted Rate	
		Yes [Excludes Yes, but female told only during pregnancy]					%	95% CI
		Observed Rate		Individuals	n	N #		
		95% CI						
Weight Status								
Weight Status								
Normal (BMI <25)	1.9%	(1.2% - 3.1%)	3,258	35	1,491	3	2.5%	(1.5% - 3.9%)
Overweight (BMI 25 to 30)	4.5%	(3.2% - 6.1%)	8,494	89	1,731	3	4.9%	(3.6% - 6.6%)
Obese (BMI ≥30)	13.7%	(11.3% - 16.4%)	17,438	208	1,329		13.6%	(11.5% - 16.1%)
Obese I (BMI 30 TO < 35)	11.6%	(9.0% - 15.0%)	9,359	112	855	3	11.8%	(9.0% - 15.3%)
Obese II & III (BMI ≥35)	17%	(13% - 22%)	8,011	96	474		18%	(14% - 22%)