

Alaska’s Diabetes Burden BRFSS data tables

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Introduction

As the title of this document suggests, it is a companion to *Alaska's Diabetes Burden, 2004-2006*. Its primary purpose is to provide 95% confidence intervals for the BRFSS data presented in the tables and figures in the burden document, for those who might be interested. It also includes some data not presented in the burden document.

Age-adjusted percentages are appropriately used when making comparisons between different areas (such as Alaska and the United States) or across time. Tables in this document include may Alaska age-adjusted percentages when comparable US information is available or for comparison with future percentages.

If you have questions or concerns about either *Alaska's Diabetes Burden* or this companion document, please contact:

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How many adult Alaskans have diabetes?

Screening question: Have you ever been told by a doctor that you have diabetes? Yes (excluding gestational diabetes) Three-year moving averages					
Survey years	Observed prevalence % (95% CI)	n	N	Age-adjusted prevalence % (95% CI)	Estimated population
1991-1993	3.7% (3.0%-4.5%)	186	4,592	5.2% (4.2%-6.5%)	13,772
1992-1994	3.2% (2.6%-4.0%)	166	4,596	4.9% (3.8%-6.2%)	12,164
1993-1995	3.2% (2.5%-4.1%)	152	4,599	4.9% (3.8%-6.3%)	12,366
1994-1996	3.1% (2.4%-3.9%)	142	4,602	4.4% (3.4%-5.7%)	12,556
1995-1997	3.2% (2.5%-4.0%)	143	4,613	4.2% (3.3%-5.4%)	13,399
1996-1998	3.3% (2.6%-4.1%)	175	5,067	4.1% (3.3%-5.2%)	13,938
1997-1999	3.3% (2.7%-4.0%)	207	5,580	4.2% (3.4%-5.2%)	13,946
1998-2000	3.4% (2.8%-4.1%)	226	6,114	4.2% (3.5%-5.1%)	14,780
1999-2001	3.8% (3.2%-4.5%)	267	6,997	4.7% (3.9%-5.5%)	16,559
2000-2002	3.8% (3.2%-4.4%)	318	7,641	4.5% (3.9%-5.3%)	16,631
2001-2003	4.2% (3.6%-4.8%)	369	8,224	5.1% (4.4%-5.8%)	18,649
2002-2004	4.4% (3.8%-5.0%)	514	10,485	5.1% (4.5%-5.8%)	19,672
2003-2005	4.9% (4.4%-5.4%)	700	13,531	5.6% (5.0%-6.3%)	22,130
2004-2006	5.3% (4.8%-5.8%)	859	15,106	6.0% (5.5%-6.6%)	24,555

Definitions:

- Observed prevalence = crude prevalence, the percentages observed in the population before age-standardization.
- Age-adjusted prevalence = Observed prevalence adjusted to US 2000 standard age distribution.
- % = Weighted Percentage; percentages are weighted to population characteristics.
- 95% CI = 95% Confidence Interval
- n = Cell Size (unweighted number of respondents),
- N = Total Sample Size (unweighted number of total valid respondents)
- Estimated population = Number of adults ≥ 18 .
- 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.
- DSU = Data Statistically Unreliable

Notes:

- Data may include revisions, and may differ from those shown previously.
- The observed prevalence percentages are weighted to represent the population of Alaska age ≥ 18 .
- 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.

More on diabetes prevalence in Alaska and the United States

AK BRFSS region

Alaska 1999-2001 and 2004-2006 observed diabetes prevalence and estimated populations with diabetes by Alaska BRFSS region				
Alaska BRFSS region	2000-2002		2004-2006	
	% (95% CI)	Estimated population	% (95% CI)	Estimated population
Anchorage and vicinity	3.9% (3.0%-5.1%)	8,862	5.6% (4.8%-6.5%)	13,922
Gulf Coast	3.9% (2.8%-5.4%)	2,039	5.9% (4.1%-6.9%)	3,209
Southeast	4.6% (3.5%-5.9%)	2,366	4.8% (4.0%-5.6%)	2,476
Rural	3.0% (2.3%-4.1%)	1,386	4.0% (3.2%-4.9%)	1,852
Fairbanks and vicinity	3.2% (2.4%-4.2%)	1,979	4.8% (4.0%-5.7%)	3,096

Sex

Alaska 2004-2006 and US 2005 ¹ observed and age-adjusted diabetes prevalence by sex			
Sex	Prevalence measure		
	Alaska observed	Alaska age-adjusted	US age-adjusted
Male	5.5% (4.8% - 6.3%)	6.5% (5.7%-7.5%)	7.8% (7.3%-8.3%)
Female	5.0% (4.4% - 8.7%)	5.6% (4.9%-6.4%)	7.1% (6.7%-7.5%)
Total	5.3% (4.8% - 5.8%)	6.0% (5.5%-6.6%)	7.4% (7.1%-7.7%)

Bold typeface indicates a statistically significant difference between Alaska and the US.

Age group

Alaska 2004-2006 and US 2005 ² diabetes prevalence by age group		
Age group	Alaska	US
18-44	1.5% (1.1%-1.9%)	2.4% (2.1%-2.7%)
45-54	6.5% (5.2%-8.0%)	7.7% (6.9%-8.4%)
55-64	10.3% (8.7%-12.0%)	14.5% (13.3%-15.7%)
65+	17.0% (14.7%-19.6%)	17.0% (16.0%-18.1%)

Bold typeface indicates a statistically significant difference between Alaska and the US.

The prevalence of diabetes among US adults 18-64 was 5.5% (95% CI = 4.7%-6.3%); diabetes prevalence among adults 65 or over is not available.

¹ Schiller JS, Martinez M, Barnes P. *Early release of selected estimates based on data from the 2005 National Health Interview Survey*. National Center for Health Statistics. <http://www.cdc.gov/nchs/nhis.htm>. June 2006.

² Pleis JR, Lethbridge-Çejku M. Summary health statistics for U.S. adults: National health interview survey, 2005. National Center for Health Statistics. Vital Health Stat 10(232). 2006

Race and ethnicity

Alaska 2004-2006 observed and age-adjusted and US 2005 ² age-adjusted diabetes prevalence by race (preferred race)			
Race	Prevalence measure		
	Alaska observed	Alaska age-adjusted	US age-adjusted
White	5.4% (4.8%-6.1%)	6.0% (5.4%-6.7%)	7.0% (6.7%-7.3%)
Alaska Native or American Indian	4.9% (3.8%-6.2%)	6.3% (5.0%-7.9%)	13.6% (8.2%-19.0%)
Other	4.8% (3.6%-6.4%)	6.0% (4.5%-8.0%)	n/a

Bold typeface indicates a statistically significant difference between the Alaska and the US.

Alaska 2004-2006 observed and age-adjusted and US 2005 ² age-adjusted diabetes prevalence by ethnicity			
Ethnicity	Prevalence measure		
	Alaska observed	Alaska age-adjusted	US age-adjusted
Hispanic	3.8% (2.3%-6.2%)	6.6% (4.2%-10.3%)	9.8% (8.7%-10.9%)
Non-Hispanic	5.3% (4.8%-5.9%)	6.1% (5.5%-6.7%)	7.3% (4.0%-10.6%)

Educational attainment

Alaska 2004-2006 observed and age-adjusted diabetes prevalence and 2004-2006 and US 2005 ³ age-adjusted diabetes prevalence by educational attainment category			
Educational attainment category	Prevalence measure		
	Alaska observed	Alaska age-adjusted	US age-adjusted
Did not finish high school	8.8% (6.4%-12.0%)	8.0% (5.7%-11.1%)	11.9% (10.9%-12.9%)
HS graduate or GED	6.3% (5.3%-7.5%)	7.3% (6.2%-8.6%)	8.6% (7.9%-9.3%)
Some college or technical school	6.6% (5.6%-7.7%)	7.9% (6.7%-9.3%)	8.4% (7.6%-9.2%)
≥ College graduate	4.6% (3.7%-5.6%)	5.5% (4.5%-6.7%)	5.9% (5.3%-6.5%)

Employment status

Alaska 2004-2006 observed and age-adjusted diabetes prevalence by workforce category				
Prevalence measure	Employment status			
	Employed	Unemployed	Not in workforce	Unable to work
Observed	3.9% (3.4%-4.5%)	3.1% (2%-4.7%)	9.1% (7.8%-10.5%)	14.5% (10.8%-19.2%)
Age-adjusted	6.1% (5.1%-7.3%)	4.0% (2.6%-6.2%)	6.2% (5.2%-7.4%)	10.9% (8.0%-14.6%)

Bold typeface indicates a statistically significant difference between employment categories.

³ Pleis JR, Lethbridge-Çejku M. Summary health statistics for U.S. adults: National health interview survey, 2005. National Center for Health Statistics. Vital Health Stat 10(232). 2006

Health insurance status

Alaska 2004-2006 observed and age-adjusted diabetes prevalence by health care coverage status (health care coverage includes health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service)		
Prevalence measure	Insurance status	
	With insurance	Without insurance
Observed	5.5% (5.0%-6.1%)	4.5% (3.2%-6.1%)
Age-adjusted	6.0% (5.4%-6.6%)	6.8% (4.7%-10%)

In 2005, the US age-adjusted diabetes prevalence among uninsured adults 18-64 was 5.5% (4.7%-6.3%).

Veteran status

Alaska 2001-2003 and 2004-2006 observed and age-adjusted diabetes prevalence among veterans		
Had ever served in the US armed forces	Prevalence measure	
	Observed	Age-adjusted
2001-2003	4.6% (2.8%-7.4%)	4.2% (2.6%-6.8%)
2004-2006	6.1% (4.6%-8.1%)	5.4% (4.1%-7.1%)

Income category

Alaska 2004-2006 observed and age-adjusted diabetes prevalence by income category					
Prevalence measure	Income category				
	< \$15,000	\$15,000-\$24,999	\$25,000-\$49,999	\$50,000-\$74,999	≥ \$75,000
Observed	9.5% (7.4%-12%)	7.8% (5.9%-10.2%)	4.3% (3.5%-5.2%)	3.9% (3.1%-5.1%)	4.5% (3.7%-5.5%)
Age-adjusted	8.9% (7.0%-11.3%)	8.7% (6.8%-11.1%)	5.1% (4.3%-6.2%)	4.7% (3.6%-6.1%)	6.0% (4.6%-7.7%)

Bold typeface indicates a statistically significant difference between income categories.

Alaska 2004-2006 observed and age-adjusted and US age-adjusted diabetes prevalence by Federal Poverty Guideline (FPG) category			
Federal Poverty Guideline category	Prevalence measure		
	Alaska observed	Alaska age-adjusted	US age-adjusted
Poor (< 100% FPG)	7.1% (4.5%-11%)	8.1% (5.6%-11.6%)	11.0% (9.8%-12.2%)
Near poor (100%-< 200% FPG)	7.0% (5.7%-8.6%)	8.2% (6.7%-9.9%)	9.4% (8.5%-10.3%)
Middle and high income (≥ 200% FPG)	4.5% (4.0%-5.1%)	5.3% (4.7%-6.0%)	6.5% (5.3%-7.7%)

Food security

Alaska 2006 observed and age-adjusted diabetes prevalence by food security category [◇]			
Prevalence measure	Food security category		
	Food secure	Low food security	Very low food insecurity
Observed	6% (4%-7%)	7% (3%-13%)	10% (5%-20%)
Age-adjusted	6% (5%-8%)	11% (6%-20%)	12% (6%-24%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Alaska 2006 observed and age-adjusted diabetes prevalence by “(I/We) couldn’t afford to eat balanced meals... in the last 12 months” response categories			
Prevalence measure	Response category		
	Often true	Sometimes true	Never true
Observed	13% (6%-26%)	6% (3%-12%)	6% (4%-7%)
Age-adjusted	18% (9%-33%)	10% (6%-17%)	6% (5%-8%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Alaska 2006 observed and age-adjusted diabetes prevalence by answers to select food security questions [◇]			
Food security question	Prevalence measure	Response	
		Yes	No
Had ever cut the meal size or skipped meals because there wasn’t enough money for food in the previous 12 months	Observed	9% (5%-15%)	6% (5%-8%)
	Age-adjusted	11% (6%-19%)	7% (5%-9%)
Had ever been hungry but hadn’t eaten because couldn’t afford enough food in the previous 12 months	Observed	5% (2%-10%)	6% (5%-8%)
	Age-adjusted	8% (3%-19%)	7% (6%-9%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Describing Alaskans with diabetes

AK BRFSS region

Alaska 2004-2006 observed percentages of adults by AK BRFSS region and diabetes status [◇]		
Alaska BRFSS region	Diabetes status	
	With diabetes	Without diabetes
Anchorage and vicinity	57% (52%-61%)	53% (53%-54%)
Gulf Coast	13% (11%-15%)	12% (11%-12%)
Rural	8% (6%-9%)	10% (10%-10%)
Southeast	10% (8%-12%)	11% (11%-11%)
Fairbanks and vicinity	13% (11%-15%)	14% (14%-14%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Sex

Alaska 2004-2006 observed percentages of adults by sex and diabetes status		
Sex	Diabetes status	
	With diabetes	Without diabetes
Male	53.9% (49%-58.7%)	51.6% (50.4%-52.8%)
Female	46.1% (41.3%-51%)	48.4% (47.2%-49.6%)

Age group

Alaska 2004-2006 percentages of adults by age group and diabetes status [◇]		
Age group	Diabetes status	
	With diabetes	Without diabetes
18-44	15% (12%-19%)	56% (55%-57%)
45-54	28% (24%-34%)	23% (22%-24%)
55-64	27% (23%-31%)	13% (13%-14%)
65+	30% (26%-34%)	8% (8%-9%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Bold typeface indicates a statistically significant difference associated with diabetes status.

Race and ethnicity

Alaska 2004-2006 observed percentages of adults by racial (preferred race) or ethnic group and diabetes status [◇]		
Race	Diabetes status	
	With diabetes	Without diabetes
White	77% (73%-80%)	74% (73%-76%)
Alaska Native/American Indian	14% (11%-17%)	15% (14%-16%)
Other	10% (7%-13%)	11% (10%-11%)
Ethnicity		
Hispanic	3% (2%-4%)	4% (3%-4%)
Non-Hispanic	97% (96%-98%)	96% (96%-97%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Educational attainment

Alaska 2004-2006 observed percentages of adults by educational attainment category and diabetes status [◇]		
Educational attainment category	Diabetes status	
	With diabetes	Without diabetes
Did not finish high school	10% (7%-14%)	7% (6%-7%)
High school graduate or GED	30% (26%-35%)	29% (28%-30%)
Some college or technical school	34% (29%-39%)	31% (30%-32%)
≥ College graduate	26% (21%-30%)	34% (33%-35%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Bold typeface indicates a statistically significant difference associated with diabetes status.		

Veteran status

Alaska 2001-2003 and 2004-2006 observed percentages adults who were US armed forces veterans by diabetes status		
US armed forces veteran	Diabetes status	
	With diabetes	Without diabetes
2001-2003	19.8% (12.2%-30.5%)	20.6% (18.4%-23.1%)
2004-2006	26.8% (20.8%-33.7%)	20.8% (19.4%-22.3%)

Employment status

Alaska 2004-2006 observed percentages of adults by employment status, age group and diabetes status [◇]				
Employment category	Age group			
	18-64		≥ 65	
	With diabetes	Without diabetes	With diabetes	Without diabetes
Employed	63% (57%-68%)	75% (74%-76%)	23% (17%-31%)	20% (17%-23%)
Unemployed	5% (3%-8%)	7% (7%-8%)	1% (0%-2%)	2% (1%-3%)
Not in work force	20% (15%-25%)	15% (14%-16%)	70% (62%-77%)	73% (70%-76%)
Unable to work	12% (9%-17%)	3% (3%-4%)	6% (3%-10%)	5% (3%-7%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Bold typeface indicates a statistically significant difference related to diabetes status, within age group.				

Income category

Alaska 2004-2006 observed percentages of adults by income category and diabetes status [◇]		
Income category	Diabetes status	
	With diabetes	Without diabetes
< \$15,000	14% (11%-18%)	7% (7%-8%)
\$15,000 - \$24,999	20% (15%-25%)	13% (12%-13%)
\$25,000 - \$49,999	22% (19%-27%)	27% (26%-28%)
\$50,000 - \$74,999	16% (13%-21%)	22% (21%-23%)
≥ \$75,000	27% (23%-32%)	31% (30%-33%)

[◇]Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.
Bold typeface indicates a statistically significant difference related to diabetes status.

Alaska 2004-2006 observed percentages of adults by Federal Poverty Guideline (FPG) category and diabetes status			
Poverty category	Percent of FPG	Diabetes status	
		With diabetes	Without diabetes
Poor	<100%	10.0% (6.4%-15.2%)	7.1% (6.4%-7.8%)
Near poor	≥ 100% - < 200%	23.2% (19.1%-27.9%)	16.6% (15.7%-17.6%)
Middle and high income	≥ 200%	66.8% (61.4%-71.9%)	76.3% (75.2%-77.4%)

Bold typeface indicates a statistically significant difference related to diabetes status.

Health insurance status

Alaska 2004-2006 observed and age-adjusted percentages of adults with no health care coverage (health care coverage includes health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service) by diabetes status				
	Prevalence measure			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
No health care coverage	14.9% (11.1%-19.8%)	18.0% (17.0%-18.9%)	17.8% (12.9%-24.0%)	16.7% (15.8%-17.6%)

Food security

Alaska 2006 observed and age-adjusted percentages of adults by food security category and diabetes status [◇]		
Food security category	Diabetes status	
	With diabetes	Without diabetes
Food secure	85% (77%-91%)	89% (87%-91%)
Low food security	8% (4%-15%)	7% (5%-8%)
Very low food security	7% (3%-13%)	4% (3%-5%)

[◇]Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Alaska 2006 observed percentages of adults by answers to select food security questions and diabetes status [◇]			
Food security question (reference period was the previous 12 months)		Diabetes status	
		With diabetes	Without diabetes
“(I/We) couldn’t afford to eat balanced meals.” Was that often, sometimes, or never true for (you or your household)?	Response category		
	Often true	7% (4%-15%)	3% (2%-5%)
	Sometimes true	10% (5%-18%)	10% (8%-12%)
	Never true	82% (73%-89%)	87% (85%-89%)
Had ever cut the meal size or skipped meals because there wasn’t enough money for food		4% (2%-9%)	5% (4%-7%)
Had ever been hungry but hadn’t eaten because couldn’t afford enough food		9% (5%-16%)	6% (5%-8%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Diabetes duration

Alaska 2000-2002 and 2004-2006 observed median years of diabetes duration (years since diabetes diagnosis) by sex, age and selected race		
Population group	Time period	
	2000-2002	2004-2006
Total	5.7 (3.6-7.7)	5.3 (4.1-6.4)
Sex		
Men	7.1 (3.9-10.2)	6.2 (4.5-7.9)
Women	5.5 (3.3-7.7)	4.6 (3.2-6)
Age		
18-44	2.0 (0.0-4.5)	2.5 (1.4-3.6)
45-54	4.0 (2.1-5.9)	4.4 (2.1-6.7)
55-64	6.4 (1.5-11.4)	6.7 (4.7-8.7)
65+	9.1 (6.2-12.1)	8.6 (6.7-10.5)
Race		
White	5.5 (2.8-8.2)	5.9 (4.5-7.4)
AI/AN	5.6 (4.2-7.1)	2.7 (0.8-4.5)

Diabetes medications

Alaska 2004-2006 observed percentages of adults with diabetes by diabetes medication use category and sex, age group and selected race [◇]				
Population group	Diabetes medication use category			
	Insulin only	Pills only	Insulin AND pills	No medications
Total	15% (12%-19%)	53% (48%-58%)	9% (7%-12%)	23% (18%-27%)
Sex				
Men	18% (13%-25%)	51% (44%-59%)	7% (5%-11%)	23% (17%-31%)
Women	11% (8%-17%)	56% (49%-62%)	11% (8%-16%)	22% (17%-28%)
Age				
18-44	15% (8%-26%)	40% (28%-53%)	7% (3%-15%)	DSU
45-64	16% (11%-22%)	54% (47%-61%)	10% (7%-13%)	21% (15%-28%)
>=65	14% (9%-21%)	62% (54%-69%)	9% (6%-15%)	15% (11%-21%)
Race				
White	16% (12%-21%)	53% (48%-59%)	8% (6%-11%)	23% (18%-29%)
AI/AN	8% (4%-16%)	DSU	12% (7%-21%)	DSU

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Alaska 2000-2002 and 2004-2006 observed percentages of adults with diabetes taking any diabetes medication and percentage change from 2000-2002 to 2004-2006 [◇]			
Population group	Time period		% change
	2000-2002	2004-2006	
Total	77% (71%-83%)	78% (73%-82%)	0.1%
Sex			
Men	79% (70%-87%)	77% (69%-83%)	-3.2%
Women	76% (66%-84%)	78% (72%-83%)	3.6%
Age			
45-64	78% (68%-85%)	79% (72%-85%)	1.8%
>=65	83% (73%-91%)	85% (79%-89%)	1.8%
Race			
White	75% (66%-82%)	77% (72%-82%)	3.6%

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

In 2000-2002, 84.9% (observed) of US adults with diabetes reported taking any diabetes medications; in 2004-2006, this percentage was 84.4%.⁴

⁴ http://www.cdc.gov/diabetes/statistics/treating_national.htm (printed 7/15/08).

Complications and co-morbidities

Only the 2006 Alaska standard BRFSS included questions on anxiety, depression, and for depression screening.

Alaska observed and age-adjusted diabetes prevalence among Alaskans with select diabetes complications or co-morbidities		
Complication or co-morbidity (years data collected)	Prevalence measure	
	Observed	Age-adjusted
Cardiovascular disease (2005-2006) [◇]	23% (17%-29%)	14% (10%-19%)
Stroke (2005-2006) [◇]	18% (11%-26%)	11% (7%-16%)
At least 14 days in previous 30 when mental health was not good (2004-2006)	8.2% (6.3%-10.6%)	10.0% (7.8%-12.8%)
Diagnosed anxiety disorder (2006) [◇]	7% (4%-11%)	7% (4%-11%)
Diagnosed depressive disorder (2006) [◇]	7% (4%-10%)	9% (5%-16%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.		

Alaska 2006 Observed and age-adjusted diabetes prevalence by Patient Health Questionnaire depression scale (PHQ-8) category [◇]		
PHQ-8 category	Prevalence measure	
	Observed	Age-adjusted
No depression	6% (4%-8%)	7% (5%-9%)
Mild depression	6% (3%-11%)	8% (4%-14%)
Moderate to severe depression	11% (6%-18%)	13% (8%-21%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.		

Alaska observed and age-adjusted percentages of adults with select diabetes complications or co-morbidities by diabetes status [◇]				
Complication or co-morbidity (years data collected)	Percentage with condition measure			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
Cardiovascular disease (2005-2006)	20% (15%-26%)	4% (3%-5%)	13% (9%-18%)	5% (4%-6%)
Stroke (2005-2006)	7% (5%-11%)	2% (1%-3%)	4% (3%-6%)	3% (2%-3%)
At least 14 days of not good mental health (2004-2006)	14.6% (11.4%-18.6%)	9.0% (8.3%-9.8%)	14.4% (9.9%-20.7%)	8.7% (8.0%-9.5%)
Anxiety disorder (2006)	13% (8%-21%)	12% (10%-14%)	11% (6%-19%)	12% (10%-14%)
Depressive disorder (2006)	19% (12%-28%)	17% (15%-20%)	18% (10%-28%)	16% (14%-18%)
Diabetes had affected eyes (2004-2006)	25.8% (21.4%-30.6%)	n/a		
Had ever had sores or irritations that took more than 4 weeks to heal (2004-2006)	13.9% 10.8%-17.7%)			

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Bold typeface indicates a statistically significant difference related to diabetes status.

Alaska 2006 observed distribution of adults by Patient Health Questionnaire depression scale (PHQ-8) category and diabetes status [◇]		
PHQ-8 category	Observed percentages	
	With diabetes	Without diabetes
No depression	DSU	79% (76%-81%)
Mild depression	14% (7%-26%)	15% (13%-17%)
Moderate to severe depression	12% (7%-19%)	6% (5%-8%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. DSU = Data statistically unreliable

Diabetes-related risks

In 2006, the Alaska modified BRFSS included a prompt asking respondents who said they did not have diagnosed diabetes if they had been told they had prediabetes. This prompt was not included in the standard BRFSS.

Prediabetes

Alaska 2006 observed and age-adjusted prevalence of diagnosed prediabetes by sex, preferred race and ethnicity		
Population group	Prevalence measure	
	Observed	Age-adjusted
Sex		
Male	4.2% (2.6%-6.6%)	3.8% (2.4%-5.9%)
Female	4.6% (3.3%-6.2%)	4.5% (3.2%-6.1%)
Race		
White	4.2% (3.0%-5.7%)	3.9% (2.9%-5.4%)
Alaska Native/American Indian	5.1% (2.9%-8.7%)	4.6% (2.8%-7.5%)
Other	4.8% (1.5%-14.1%)	4.6% (1.6%-12.4%)
Ethnicity		
Hispanic	1.0% (0.1%-6.7%)	1.0% (0.1%-6.9%)
non-Hispanic	4.5% (3.4%-6.0%)	3.3% (2.3%-4.7%)
Total	4.4% (3.3%-5.8%)	4.1% (3.1%-5.4%)

Alaska 2006 observed prevalence of diagnosed prediabetes by sex and Alaska BRFSS region			
Alaska BRFSS region	Sex		Total
	Male	Female	
Anchorage and vicinity	4.8% (2.3%-9.6%)	3.3% (1.7%-6.3%)	4.0% (2.4%-6.6%)
Gulf Coast	3.6% (1.4%-9.0%)	6.7% (4.1%-10.8%)	5.1% (3.2%-8.0%)
Southeast	4.3% (1.9%-9.3%)	8.9% (5.7%-13.6%)	6.5% (4.4%-9.7%)
Rural	2.4% (1.0%-5.7%)	4.7% (2.2%-9.5%)	3.4% (1.9%-6.0%)
Fairbanks and vicinity	3.7% (1.6%-8.1%)	4.4% (2.4%-8.0%)	4.0% (2.4%-6.6%)

Alaska 2006 observed and age-adjusted prevalence of diagnosed prediabetes by body mass index category		
BMI category	Observed	Age-adjusted
Normal	2.3% (1.3%-4.2%)	2.7% (1.5%-4.8%)
Overweight	4.7% (2.9%-7.6%)	4.6% (2.8%-7.5%)
Obese	6.7% (4.4%-10.2%)	5.2% (3.5%-7.7%)

Overweight and obesity

Alaska 2000-2006 trends in age-adjusted diabetes prevalence by body mass index category [◇]					
3-year period	Body mass index category				
	Underweight	Normal	Overweight	Obese I	Obese II & III
	BMI < 18.5	BMI ≥ 18.5 - to < 25	BMI ≥ 25 to < 30	BMI ≥ 30 to < 35	BMI ≥ 35
2000-2002	3% (1%-7%)	2% (1%-3%)	4% (3%-5%)	7% (5%-9%)	12% (9%-16%)
2001-2003	4% (2%-8%)	3% (2%-4%)	5% (4%-6%)	6% (5%-8%)	12% (10%-16%)
2002-2004	4% (2%-7%)	3% (2%-4%)	5% (4%-6%)	6% (5%-8%)	13% (10%-16%)
2003-2005	5% (2%-10%)	3% (2%-4%)	5% (4%-6%)	6% (5%-8%)	16% (13%-19%)
2004-2006	4% (1%-14%)	3% (2%-3%)	5% (4%-5%)	8% (7%-10%)	19% (16%-22%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Alaska 2004-2006 observed percentages of adults by body mass index category and diabetes status			
Body mass index category	BMI measure	Diabetes status	
		With diabetes	Without diabetes
Underweight	< 18.5	0.6% (0.1%-2.8%)	1.3% (1.0%-1.7%)
Normal	≥ 18.5 to < 25	12.7% (9.7%-16.4%)	36.7% (35.5%-37.9%)
Overweight	≥ 25 to < 30	28.7% (24.6%-33.2%)	38.9% (37.7%-40.1%)
Obese I	≥ 30 to < 35	27.3% (22.7%-32.5%)	15.6% (14.8%-16.5%)
Obese II & III	≥ 35	30.7% (26.3%-35.4%)	7.5% (6.9%-8.2%)
Overweight or obese	≥ 25	86.7%*	62.0%*

Bold typeface indicates a statistically significant difference related to diabetes status.
* Calculated percentage (Overweight + Obese I + Obese II&III)

Alaska 2004-2006 age-adjusted percentages of adults by body mass index category and diabetes status			
Category	BMI measure	With diabetes	Without diabetes
Underweight	< 18.5	0.4% (0.1%-1.9%)	1.6% (1.2%-2.0%)
Normal	≥ 18.5 to < 25	16.5% (10.9%-24.3%)	36.7% (35.5%-37.9%)
Over weight	≥ 25 to < 30	26.4% (21%-32.6%)	38.9% (37.6%-40.1%)
Obese I	≥ 30 to < 35	26.6% (20.3%-34.2%)	15.7% (14.8%-16.6%)
Obese II & III	≥ 35	30.0% (23.6%-37.4%)	7.3% (6.7%-7.9%)
Overweight or obese	≥ 25	83.1%*	61.8%*

Bold typeface indicates a statistically significant difference related to diabetes status.
* Calculated percentage (Overweight + Obese I + Obese II&III)

US 2004* Observed and age-adjusted percentages of adults with diabetes who were overweight (calculated), obese, or either overweight or obese, US observed percentages of all US adults who were overweight, obese, or either overweight or obese (calculated), BRFSS			
Category	BMI measure	Adults with diabetes ⁵	All adults ^{6, †}
Observed			
Overweight	≥ 25 to < 30	33.3%**	36.9%
Obese	≥ 30	49.0% (47.6%-50.4%)	23.2%
Overweight or obese	≥ 25	82.3% (81.1%-83.5%)	60.1%**
Age-adjusted			
Overweight	≥ 25 to < 30	29.5%**	n/a
Obese	≥ 30	53.2% (51.2%-55.2%)	
Overweight or obese	≥ 25	82.7% (81.1%-84.3%)	
*2004 is the most recent year available for data on overweight/obesity among US adults with diabetes.			
† Neither confidence intervals nor standard error are available for the all US adult values; age-adjusted percentages are also not available.			
** Calculated from available values. (Overweight US adults with diabetes = overweight or obese adults with diabetes – obese adults with diabetes; Overweight or obese US adults = overweight adults + obese adults)			

Cardiovascular risks – high blood pressure and high cholesterol

The Alaska BRFSS included questions on diagnosed high blood pressure and high cholesterol in 2005 and 2006, but not 2004.

Alaska 2005-2006 observed and age-adjusted diabetes prevalence among Alaskans by cardiovascular risk status (high blood pressure or high cholesterol)				
Condition	Diabetes prevalence measure			
	Observed		Age-adjusted	
	With cardiovascular risk	Without cardiovascular risk	With cardiovascular risk	Without cardiovascular risk
High blood pressure	14.3% (11.9%-17.2%)	2.3% (1.7%-2.9%)	11.4% (8.9%-14.4%)	3.2% (2.4%-4.3%)
High cholesterol	15.0% (12.3%-18.2%)	3.4% (2.6%-4.3%)	11.9% (9.2%-15.2%)	3.9% (3.1%-5%)
Bold typeface indicates a statistically significant difference related to diabetes status.				

⁵ http://www.cdc.gov/diabetes/statistics/comp/table7_2a.htm

⁶ <http://apps.nccd.cdc.gov/BRFSS/display.asp?cat=OB&yr=2004&qkey=4409&state=US>

Alaska 2005-2006 observed percentages of adults with high blood pressure or high cholesterol by diabetes status [◇]		
Cardiovascular risk	Diabetes status	
	With diabetes	Without diabetes
High blood pressure	64% (56%-71%)	20% (18%-21%)
High cholesterol	68% (60%-75%)	29% (28%-31%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.
 Bold typeface indicates a statistically significant difference related to diabetes status.

In 2005 among all US adults, 25.5% had high blood pressure and 35.6% had high cholesterol.⁷

Diet and physical activity

The BRFSS includes questions about fruit and vegetable consumption in odd-numbered years only. This table presents information from the 2003 and 2005 surveys.

Alaska 2003/2005 observed and age-adjusted diabetes prevalence by categories of servings of fruit and vegetables consumption		
Fruit and vegetable servings	Prevalence measure	
	Observed	Age-adjusted
< 1 per day	2.9% (0.9%-9.0%)	4.9% (1.4%-15.8%)
1 - 2 per day	4.1% (2.7%-6.2%)	5.3% (3.5%-8.1%)
3 - 4 per day	5.8% (3.9%-8.5%)	6.3% (4.2%-9.2%)
≥5 per day	5.7% (3.5%-9.3%)	6.0% (3.8%-9.3%)

Alaska 2004-2006 observed and age-adjusted diabetes prevalence of self-reported leisure-time exercise during the previous 30 days		
Exercise category	Prevalence measure	
	Observed	Age-adjusted
No leisure exercise	8.2% (6.8%-9.9%)	7.9% (6.6%-9.4%)
Leisure exercise	4.1% (3.5%-4.8%)	4.9% (4.2%-5.7%)

⁷ <http://apps.nccd.cdc.gov/brfss/display.asp?cat=CA&yr=2005&qkey=4392&state=US>,
<http://apps.nccd.cdc.gov/brfss/display.asp?cat=HA&yr=2005&qkey=4420&state=US> (04/15/08)

Alaska 2004-2006 observed and age-adjusted diabetes percentages of adults by leisure-time exercise during the previous 30 days and diabetes status; US 2004 percentage of adults with diabetes that reported no leisure exercise ^{8,9}					
Exercise category	Percentage of group				
	Alaska observed		Alaska age-adjusted		US age-adjusted with diabetes
	With diabetes	Without diabetes	With diabetes	Without diabetes	
No leisure exercise	34% (28%-41%)	20% (19%-22%)	27% (20%-35%)	21% (20%-23%)	37% (32%-35%)
Leisure exercise	66% (59%-72%)	80% (78%-81%)	73% (65%-80%)	79% (77%-80%)	n/a

⁸ Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.
⁹ Bold typeface indicates a statistically significant difference between BMI categories.

The CDC physical activity recommendations focus on physical activity, rather than leisure time exercise; physical activity might occur on-the-job. Prior to October 2008, the CDC’s recommendations were that adults either undertake vigorous physical activity for at least 20 minutes a day on at least three days a week and/or moderate physical activity for at least 30 minutes a day on at least five days a week.⁹

The BRFSS includes questions about physical activity in odd-numbered years. This table presents information from 2003 and 2005. Percentages were calculated to combine responses to questions about the frequency and duration of vigorous and moderate physical activity.

Alaska 2003/2005 observed and age-adjusted diabetes prevalence by CDC physical activity recommendation category		
Physical activity category	Prevalence measure	
	Observed	Age-adjusted
Meets CDC recommendations	2.5% (1.9%-3.3%)	3.2% (2.4%-4.3%)
Some exercise, does not meet recommendations	6.8% (5.1%-9%)	7.6% (5.8%-10.1%)
Inactive	10.1% (7.0%-14.5%)	9.4% (6.1%-14.1%)

⁸ <http://www.cdc.gov/diabetes/statistics/comp/fig9.htm> (printed 9/4/08)

⁹ In October 2008, the CDC changed the emphasis of their physical activity recommendation. Now, the objective is to increase the percentage of Americans that are physically active at least 150 minutes/week.

Alaska 2003/2005 observed and age-adjusted percentages of adults by CDC physical activity recommendation category and diabetes status [◇]				
Physical activity category	Percentage of groups			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
Meets CDC recommendations	32% (24%-40%)	60% (58%-62%)	33% (23%-43%)	59% (57%-61%)
Some exercise, does not meet recommendations	45% (37%-55%)	30% (28%-32%)	43% (34%-53%)	30% (28%-32%)
Inactive	23% (16%-32%)	10% (9%-11%)	24% (16%-35%)	11% (10%-13%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.
Bold typeface indicates a statistically significant difference between BMI categories.

Tobacco use

Alaska 2004-2006 observed and age-adjusted diabetes prevalence by tobacco user category [◇]		
Tobacco user category	Prevalence measure	
	Observed	Age-adjusted
Current smoker	4.4% (3.5%-5.4%)	5.4% (6.5%-5.6%)
Former smoker	7.6% (6.5%-8.8%)	6.5% (5.6%-7.6%)
Never smoked	4.5% (3.9%-5.3%)	5.8% (5.0%-6.7%)
Smokeless tobacco user	6% (5%-7%)	9% (5%-14%)

Alaska 2004-2006 observed and age-adjusted percentages of adults by tobacco user category and diabetes status [◇] , US 2004 percentages of current smokers among adults with diabetes and all adults				
Tobacco user category	Percentage of adults			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
AK 2004-2006				
Current smoker	20% (16%-24%)	25% (24%-26%)	29% (22%-36%)	24% (23%-25%)
Former smoker	37% (33%-42%)	25% (24%-26%)	29% (23%-35%)	27% (26%-28%)
Never smoked	43% (38%-48%)	50% (49%-51%)	43% (36%-50%)	50% (48%-51%)
Smokeless tobacco user	4% (2%-7%)	5% (4%-6%)	6% (2%-17%)	5% (4%-5%)
US 2004 ^{10,11}			With diabetes	All adults
Current smoker			23% (21%-25%)	21% (20%-21%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.
Bold typeface indicates a statistically significant difference associated with diabetes status.

¹⁰ http://www.cdc.gov/diabetes/statistics/comp/table7_1a.htm (printed 9/4/08)

¹¹ http://www.cdc.gov/nchs/data/nhis/earlyrelease/200606_08.pdf (printed 2/17/09)

Alcohol abuse risk

Alaska 2004-2006 observed and age-adjusted diabetes prevalence by alcohol abuse risk [◇]		
Alcohol abuse risk	Prevalence measure	
	Observed	Age-adjusted
Binge drinking	2% (1%-4%)	6% (5%-7%)
Heavy drinking	3% (1%-7%)	4% (2%-11%)

[◇]Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Alaska 2004-2006 observed and age-adjusted percentages of adults with an alcohol abuse risk by diabetes status				
Alcohol abuse risk	Percentage of adults			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
Binge drinking	8% (5%-13%)	18% (17%-19%)	12% (7%-21%)	17% (16%-18%)
Heavy drinking	3% (1%-7%)	5% (5%-6%)	2% (1%-5%)	5% (4%-6%)

[◇]Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.
Bold typeface indicates a statistically significant difference associated with diabetes status.

Arthritis and asthma

The BRFSS includes questions about arthritis burden in odd-numbered years only.

Alaska observed and age-adjusted diabetes prevalence among Alaskans with diagnosed arthritis or diagnosed asthma		
Diagnosed condition (years data collected)	Prevalence measure	
	Observed	Age-adjusted
Arthritis (2003/2005)	10.4% (7.4%-14.4%)	7.5% (5.4%-10.3%)
Asthma (2004-2006)	7.7% (6.1%-9.6%)	8.4% (6.7%-10.5%)

Alaska observed and age-adjusted percentages of Alaskans by having diagnosed arthritis or diagnosed asthma and diabetes status and				
Diagnosed condition (years data collected)	Percentage of adults			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
Arthritis (2003/2005) [◇]	DSU	23% (21%-26%)	35% (27%-44%)	26% (23%-28%)
Asthma (2004-2006)	18.3% (14.7%-22.5%)	12.2% (11.4%-13.0%)	18.8% (13.4%-25.6%)	12.2% (11.4%-13.1%)

[◇]Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.
 DSU = Data statistically unreliable

Alaskans and the toll of diabetes

Health status

Alaska 2004-2006 observed and age-adjusted diabetes prevalence by health status category			
Prevalence measure	Health status category		
	Excellent/Very good	Good	Fair/Poor
Observed	1.9% (1.5%-2.3%)	6.8% (5.8%-7.9%)	17.1% (14.9%-19.6%)
Age-adjusted	2.5% (2.0%-3.2%)	7.2% (6.2%-8.4%)	13.9% (12.1%-16%)

Bold typeface indicates statistically significantly higher diabetes prevalence than in at least one other health status category.

Alaska 2004-2006 observed and age-adjusted percentages of adults by general health status categories and diabetes status				
Health status category	Percentage of adults			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
Excellent or very good	20.5% (16.9%-24.5%)	59.2% (58%-60.3%)	25.0% (19.0%-32.2%)	57.8% (56.6%-59.0%)
Good	39.3% (34.5%-44.3%)	30.0% (28.9%-31.1%)	41.9% (34.6%-49.6%)	30.5% (29.4%-31.7%)
Fair or poor	40.3% (35.6%-45.2%)	10.8% (10.1%-11.6%)	33.1% (27.4%-39.4%)	11.7% (10.9%-12.5%)

Bold typeface indicates a statistically significant difference related to diabetes status.

Life satisfaction

Alaska 2004-2006 observed and age-adjusted diabetes prevalence by satisfaction with life			
Prevalence measure	Life satisfaction category		
	Very satisfied	Satisfied	Dissatisfied or very dissatisfied
Observed	4.4% (3.4%-5.6%)	5.6% (4.4%-7%)	7.2% (4.1%-12.4%)
Age-adjusted	4.7% (3.6%-6.0%)	7.1% (5.7%-8.8%)	8.8% (4.9%-15.3%)

Alaska 2004-2006 observed population distribution among life satisfaction categories by sex and diabetes status				
Life satisfaction category	Percentage of adults			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
Very satisfied	39.8% (32%-48.1%)	46.7% (44.5%-48.9%)	29.1% (21.6%-38%)	47.4% (45.2%-49.6%)
Satisfied	53.9% (45.6%-62%)	49% (46.8%-51.1%)	60.9% (48.7%-72%)	48.3% (46.3%-50.6%)
Dissatisfied or very dissatisfied	6.3% (3.6%-10.8%)	4.4% (3.6%-5.3%)	10% (3.3%-26.6%)	4.2% (3.4%-5.1%)

Obtaining needed social and emotional support

Alaska 2004-2006 observed and age-adjusted diabetes prevalence by frequency of getting needed social and emotional support				
Prevalence measure	Frequency of getting needed social and emotional support category			
	Always	Usually	Sometimes	Rarely/Never
Observed	4.9% (3.8%-6.3%)	4.6% (3.4%-6.2%)	4.9% (3.1%-7.5%)	8.9% (5.8%-13.5%)
Age-adjusted	5.3% (4.1%-6.7%)	6.5% (4.5%-9.3%)	6.2% (3.7%-10.2%)	9.6% (6.3%-14.3%)

Alaska 2004-2006 observed percentages of adults by frequency of obtaining needed social and emotional support category and diabetes status [◊]				
Frequency category	Percentage of adults			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
Always	46% (38%-55%)	49% (46%-51%)	32% (24%-41%)	50% (48%-52%)
Usually	28% (21%-36%)	31% (29%-33%)	41% (29%-54%)	30% (28%-32%)
Sometimes	13% (8%-19%)	13% (12%-15%)	10% (6%-15%)	13% (11%-14%)
Rarely or never	14% (9%-20%)	7% (6%-9%)	DSU	8% (7%-9%)

[◊] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Days when health was not good

Alaska 2004-2006 observed reported mean days during the previous 30 when physical or mental health was not good or when activities were limited due to poor physical or mental health by diabetes status ¹²		
	With diabetes	Without diabetes
Days when physical health (including physical illness and injury) was not good	8.3 (7.2-9.4)	3.1 (2.9-3.3)
Days when mental health (including stress, depression, and problems with emotions) was not good	4.3 (3.4-5.2)	3.1 (2.9-3.3)
Days when poor physical or mental health interfered with usual activities (such as self-care, work or recreation)	4.6 (3.7-5.6)	2.0 (1.8-2.1)

Bold typeface indicates a statistically significant difference related to diabetes status.

¹² Information about health status for US adults with diabetes is only available based on the percentage that had at least one day in the previous 30 affected by not good physical or mental health, or when usual activities were limited by poor physical or mental health. As it is not comparable, it is not included here. Go to http://www.cdc.gov/diabetes/statistics/health_status_national.htm for more information.

Alaska 2004-2006 age-adjusted reported mean days during the previous 30 when physical or mental health was not good or when activities were limited due to poor physical or mental health by diabetes status		
	Mean days in previous 30	
	With diabetes	Without diabetes
Days when physical health (including physical illness and injury) was not good	7.5 (5.9-9.1)	3.3 (3.1-3.4)
Days when mental health (including stress, depression, and problems with emotions) was not good	4.4 (3.1-5.7)	2.9 (2.8-3.1)
Days when poor physical or mental health interfered with usual activities (such as self-care, work or recreation)	4.1 (2.7-5.4)	2.0 (1.8-2.1)

Bold typeface indicates a statistically significant difference related to diabetes status.

*Disability related measures*¹³

Alaska 2004-2006 observed and age-adjusted diabetes prevalence among Alaskans reporting select circumstances associated with disability		
Disability-related circumstance	Prevalence measure	
	Observed	Age-adjusted
At least 14 days in previous 30 when physical health was not good	14.0% (11.5%-17%)	11.9% (9.8%-14.2%)
At least 14 days in previous 30 when poor physical or mental health kept respondent from usual activities	13.1% (9.9%-17.1%)	11.2% (8.7%-14.3%)
Limited in any way because of physical, mental or emotional problems	10.7% (8.7%-13.2%)	9.3% (7.6%-11.3%)
Had a health problem that requires special equipment [◇]	19.8% (14.9%-25.8%)	14.2% (10.5%-18.9%)
Had a disability (either limited because of a health problem and/or had a health problem that required special equipment) [◇]	10.9% (8.9%-13.2%)	9.3% (7.6%-11.3%)

¹³ Tables with diabetes prevalence and population distribution associated with at least 14 days of not good mental health were included earlier (pages 12 and 13).

Alaska 2004-2006 observed and age-adjusted percentages of adults with a disability-related circumstance by diabetes status				
Disability-related circumstance	Percentage of adults			
	Observed		Age-adjusted	
	With diabetes	Without diabetes	With diabetes	Without diabetes
At least 14 days in previous 30 when physical health was not good	27.2% (22.7%-32.1%)	9.2% (8.5%-9.9%)	24.1% (18.5%-30.7%)	9.7% (9.0%-10.5%)
At least 14 days in previous 30 when poor physical or mental health kept respondent from usual activities	16.3% (12.4%-21.1%)	6.0% (5.4%-6.6%)	13.7% (9.3%-19.8%)	6.1% (5.5%-6.7%)
Limited in any way because of physical, mental or emotional problems	43% (37%-50%)	18% (17%-20%)	32% (23%-41%)	19% (18%-20%)
Had a health problem that requires special equipment [◇]	24% (18%-31%)	5% (4%-6%)	17% (11%-24%)	6% (5%-6%)
Had a disability (either limited because of a health problem and/or had a health problem that required special equipment) [◇]	47% (40%-54%)	19% (18%-21%)	36% (27%-46%)	20% (19%-22%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Bold typeface indicates a statistically significant difference related to diabetes status.				

Self-care

Alaska 2004-2006 and US 2005 ¹⁴ age-adjusted percentages of adults with diabetes and recommended self-care behaviors		
	Alaska 2004-2006	US 2005
At least daily self-monitoring of blood glucose	54.1% (46.0%-62.0%)	63.0% (61.6%-64.4%)
At least daily foot checks	62.8% (55.6%-69.4%)	67.9% (66.5%-69.3%)

¹⁴ http://www.cdc.gov/diabetes/statistics/preventive_national.htm (printed 04/15/08)

Alaska 2004-2006 observed percentages of Alaskans with diabetes by frequency of recommended self-care behaviors		
Frequency	How often check blood for glucose	How often check feet for sores
Daily or more	59.7% (54.7%-64.4%)	67% (62.2%-71.5%)
1-2 times per week	11.9% (8.7%-15.9%)	10.9% (8%-14.6%)
3-6 times per week	9.2% (6.8%-12.3%)	6.4% (4.3%-9.6%)
1-3 times per month	4.9% (3.3%-7.3%)	5.1% (3.3%-7.7%)
<1 time per month	2.2% (1.2%-4.0%)	0.8% (0.4%-1.9%)
Never	12.2% (9.4%-15.7%)	9.8% (7.4%-12.8%)

Alaska 2004-2006 observed percentages of Alaskans with diabetes by frequency of self-monitoring of blood glucose and Alaska BRFSS region [◇]					
Frequency	Anchorage and vicinity	Fairbanks and vicinity	Gulf Coast	Southeast	Rural
Daily or more	59% (51%-66%)	66% (57%-74%)	62% (54%-69%)	63% (54%-71%)	DSU
1-2 times per week	13% (8%-2%)	10% (6%-17%)	9% (6%-14%)	8% (5%-14%)	16% (10%-25%)
3-6 times per week	11% (7%-16%)	4% (2%-9%)	9% (6%-14%)	8% (4%-14%)	8% (4%-17%)
1-3 times per month	4% (2%-9%)	5% (3%-10%)	7% (4%-12%)	6% (3%-13%)	3% (1%-7%)
<1 time per month	2% (1%-5%)	3% (1%-7%)	3% (1%-8%)	1% (0%-3%)	6% (2%-17%)
Never	12% (8%-18%)	11% (6%-20%)	10% (7%-15%)	15% (9%-22%)	17% (10%-27%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Alaska 2004-2006 observed percentages of Alaskans with diabetes by frequency of self-checking feet for sores and Alaska BRFSS region [◇]					
Frequency	Anchorage and vicinity	Fairbanks and vicinity	Gulf Coast	Southeast	Rural
Daily or more	67% (59%-74%)	76% (68%-82%)	69% (62%-76%)	57% (48%-66%)	63% (52%-73%)
1-2 times per week	13% (8%-19%)	9% (6%-15%)	7% (4%-11%)	9% (5%-14%)	11% (6%-18%)
3-6 times per week	7% (4%-13%)	4% (2%-8%)	5% (0%-9%)	8% (4%-15%)	8% (4%-15%)
1-3 times per month	5% (3%-10%)	4% (2%-8%)	4% (2%-8%)	5% (2%-12%)	8% (3%-18%)
< 1 time per month	0% (0%-3%)	1% (0%-6%)	3% (1%-9%)	0% (0%-3%)	2% (0%-6%)
Never	8% (5%-13%)	6% (3%-11%)	13% (9%-20%)	21% (14%-30%)	9% (5%-18%)

[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.

Unmet need for preventive diabetes care

Health care provider visits

Alaska 2004-2006 observed diabetes prevalence by time since last routine checkup and sex [◇]	
Population and time since last checkup	Diabetes prevalence
All adults	
Within past year	7% (6%-8%)
More than a year ago	3% (2%-4%)
Never	8% (4%-17%)
Male	
Within past year	8% (6%-11%)
More than a year ago	2% (1%-3%)
Never	DSU
Female	
Within past year	6% (5%-8%)
More than a year ago	4% (2%-7%)
Never	DSU
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. DSU = Data statistically unreliable; this category had less than 50 respondents.	

Alaska 2004-2006 observed percentages of Alaskans by diabetes status by time since last routine checkup by sex [◇]		
Population and time since last checkup	Percentages of adults	
	With diabetes	Without diabetes
All adults		
Within past year	77% (70%-83%)	57% (54%-59%)
More than a year ago	20% (14%-27%)	42% (40%-44%)
Never	3% (1%-6%)	2% (1%-3%)
Male		
Within past year	82% (73%-88%)	48% (45%-52%)
More than a year ago	16% (11%-24%)	50% (47%-53%)
Never	2% (0%-9%)	2% (1%-3%)
Female		
Within past year	73% (61%-82%)	65% (63%-68%)
More than a year ago	24% (15%-36%)	33% (30%-35%)
Never	4% (2%-10%)	2% (1%-3%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Bold typeface indicates a statistically significant difference associated with diabetes status.		

Alaska 2004-2006 observed diabetes prevalence by sex and answers to: “Do you have one person you think of as your personal doctor or health care provider?” [◇]	
Sex and number of personal health care providers	Diabetes prevalence
All adults	
Yes, only one	6% (5%-7%)
Two or more	5% (4%-7%)
No	2% (1%-3%)
Male	
Yes, only one	7% (5%-9%)
Two or more	6% (4%-10%)
No	2% (1%-3%)
Female	
Yes, only one	6% (5%-7%)
Two or more	5% (3%-7%)
No	2% (1%-3%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.	

Alaska 2004-2006 observed diabetes prevalence and percentages of Alaskans by diabetes status and sex for answers to: “Do you have one person you think of as your personal doctor or health care provider?” [◇]		
Sex and number of personal health care providers	Percentages of adults	
	With diabetes	Without diabetes
All adults		
Yes, only one	74% (67%-80%)	55% (53%-56%)
Two or more	16% (12%-22%)	15% (13%-16%)
No	10% (6%-16%)	31% (29%-33%)
Male		
Yes, only one	70% (59%-79%)	47% (45%-50%)
Two or more	18% (11%-27%)	14% (12%-16%)
No	12% (6%-23%)	39% (36%-41%)
Female		
Yes, only one	78% (70%-84%)	62% (60%-64%)
Two or more	15% (10%-22%)	15% (14%-17%)
No	7% (4%-12%)	23% (21%-25%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Bold typeface indicates a statistically significant difference associated with diabetes status.		

Alaska 2004-2006 observed percentages of Alaskans with diabetes by number of health care provider visits for diabetes in the preceding 12 months and sex [◇]			
Number of health care provider visits for diabetes	Male	Female	Total
Once	23% (16%-32%)	11% (7%-17%)	17% (13%-22%)
Twice	18% (12%-26%)	19% (12%-27%)	18% (14%-24%)
Three – four times	DSU	35% (26%-45%)	35% (28%-42%)
≥ Five times	16% (10%-25%)	24% (17%-33%)	20% (15%-26%)
Never	9% (5%-14%)	12% (7%-19%)	10% (7%-14%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. DSU = data statistically unreliable			

Among US adults with diabetes in 2005, 88.9% (95% CI = 88.1%-89.7%) reported that they had had at least one health care provider visit for their diabetes during the previous year.¹⁵

Recommended diabetes health care services

Alaska 2004-2006 observed population distribution percentages of Alaskans with diabetes by number of health care provider visits for diabetes in the past year and time since last routine check-up [◇]	
Number of health care provider visits for diabetes	Last routine checkup was within past year
Once	13% (9%-19%)
Twice	22% (16%-31%)
Three – four times	39% (30%-49%)
≥ Five times	21% (14%-30%)
Never	5% (2%-11%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Data were statistically unreliable for the <i>More than a year ago</i> and <i>Never</i> response categories.	

Alaska 2004-2006 and US 2005 ¹⁶ age-adjusted percentages of adults with diabetes and recommended health care services		
	Alaska 2004-2006 [◇]	US 2005
At least annually		
At least two HbA1c tests	56% (48%-64%)	68.7% (67.3%-70.1%)
Professional foot exam	58% (52%-64%)	69.4% (68.0%-70.8%)
Dilated eye exam	54% (46%-61%)	68.7% (67.3%-70.1%)
Influenza vaccine	43% (37%-50%)	49.8% (48.6%-51.0%)
At least once in an individual's lifetime		
Diabetes class	57% (49%-65%)	53.1% (51.7%-54.5%)
Pneumococcal disease vaccine	39% (31%-47%)	49.0% (47.8%-50.2%)
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported.		

¹⁵ http://www.cdc.gov/diabetes/statistics/preventive/fX_dr_visit.htm (printed 04/15/08)

¹⁶ http://www.cdc.gov/diabetes/statistics/preventive_national.htm (printed 04/15/08)

Alaska 2004-2006 observed percentages of Alaskans reporting recommended diabetes health care services by diabetes status [◇]		
	With diabetes	Without diabetes
At least annually		
At least two HbA1c tests	63% (58%-68%)	n/a
Professional foot exam	66% (61%-71%)	
Dilated eye exam	62% (56%-66%)	
Dentist visit	61% (53%-69%)	67.5% (65.5%-69.4%)
Influenza vaccine	63% (56%-69%)	32.1% (30.6%-33.7%)
At least once in an individual's lifetime		
Diabetes class	61% (56%-66%)	n/a
Pneumococcal disease vaccine	53% (46%-60%)	21.5% (20.1%-23.1%)
n/a = data not available. This question is only asked if a respondent indicates that she or he has diagnosed diabetes. [◇] Sample size for some questions was smaller than 500, so by BRFSS convention tenths of percentages are not reported.		

Note: Influenza and pneumococcal disease immunizations are recommended for adults without diabetes starting at age 50, or earlier if the individual is at risk. Having diabetes is a risk factor for these vaccine-preventable diseases, so *all* Alaskans with diabetes should have an annual influenza immunization and a pneumococcal immunization every six years.

Alaska 2004-2006 observed percentages of Alaskans with diabetes reporting recommended diabetes health care services by Alaska BRFSS region [◇]					
Recommended care	Alaska BRFSS region				
	Anchorage & vicinity	Fairbanks & vicinity	Gulf Coast	Southeast	Rural
At least annually					
At least two HbA1c tests	63% (54%-71%)	66% (57%-74%)	57% (48%-65%)	69% (59%-77%)	DSU
Professional foot exam	65% (56%-72%)	65% (55%-73%)	66% (58%-73%)	68% (59%-76%)	76% (68%-84%)
Dilated eye exam	59% (50%-66%)	69% (60%-77%)	62% (53%-69%)	67% (58%-75%)	DSU
At least once in an individual's lifetime					
Diabetes class	66% (58%-74%)	59% (50%-68%)	50% (42%-58%)	62% (53%-70%)	DSU
[◇] Sample size was smaller than 500, so by BRFSS convention tenths of percentages are not reported. Bold typeface indicates a statistically significant difference associated with diabetes status. DSU = data statistically unreliable					