

**Self-Reported Diabetes Prevalence, Adults (18 years of age and older), Alaska BRFSS, 2002-2004,  
Standard (2002-2004), Modified (2004), and Combined (2004), Three-Year Average**

Screening Question:

Have you ever been told by a doctor that you have diabetes?

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
<b>Total</b>	<b>4.4%</b>	( 3.9% - 5.0% )	19,671	10,474	<b>5.1%</b>	( 4.5% - 5.8% )
<b>Gender</b>						
Female	<b>4.9%</b>	( 4.1% - 5.8% )	10,582	5,729	<b>5.5%</b>	( 4.6% - 6.5% )
Male	<b>3.9%</b>	( 3.2% - 4.7% )	9,090	4,745	<b>4.8%</b>	( 3.9% - 5.8% )
<b>Age groups (Categories Used in Age-Adjustment)</b>						
Persons aged 18 to 24 years	<b>0.7%</b>	( 0.2% - 2.3% )	435	911	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>1.4%</b>	( 0.7% - 2.8% )	1,167	1,969	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>1.8%</b>	( 1.3% - 2.6% )	1,978	2,443	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>6.8%</b>	( 5.7% - 8.0% )	10,822	4,056	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>13.6%</b>	( 11.0% - 16.7% )	5,270	1,095	<b>NA</b>	( NA - NA )
<b>Race and ethnicity</b>						
American Indian or Alaska Native	<b>4.2%</b>	( 3.0% - 5.9% )	2,879	2,081	<b>5.1%</b>	( 3.7% - 7.0% )
Asian or Pacific Islander	<b>6.9%</b>	( 3.8% - 12.1% )	1,053	297	<b>10.7%</b>	( 5.7% - 19.2% )
Asian	<b>8.1%</b>	( 4.4% - 14.7% )	907	217	<b>11.0%</b>	( 5.8% - 19.8% )
Native Hawaiian or Other Pacific Islander	<b>3.5%</b>	( 0.6% - 17.0% )	146	80	<b>3.5%</b>	( 0.7% - 15.2% )
Black or African American	<b>4.0%</b>	( 1.4% - 11.2% )	477	205	<b>6.6%</b>	( 2.6% - 15.4% )
White	<b>4.4%</b>	( 3.8% - 5.1% )	14,568	7,430	<b>4.9%</b>	( 4.2% - 5.6% )
Hispanic or Latino	<b>3.1%</b>	( 1.4% - 6.8% )	578	330	<b>7.7%</b>	( 3.3% - 17.0% )
Not Hispanic or Latino	<b>4.4%</b>	( 3.9% - 5.0% )	18,954	10,099	<b>5.7%</b>	( 5.7% - 5.7% )
Black or African American, not Hispanic/Latino	<b>4.4%</b>	( 1.2% - 15.2% )	369	130	<b>6.2%</b>	( 2.0% - 17.5% )
White, not Hispanic or Latino	<b>4.3%</b>	( 3.7% - 4.9% )	13,487	7,116	<b>4.6%</b>	( 4.0% - 5.4% )
<b>Geographic location</b>						
Urban	<b>4.4%</b>	( 3.7% - 5.3% )	13,209	4,269	<b>5.2%</b>	( 4.4% - 6.2% )
Anchorage & Vicinity	<b>4.5%</b>	( 3.6% - 5.6% )	10,582	2,135	<b>5.2%</b>	( 4.2% - 6.4% )
Fairbanks & Vicinity	<b>4.2%</b>	( 3.3% - 5.2% )	2,626	2,134	<b>5.3%</b>	( 4.3% - 6.6% )
Gulf Coast	<b>4.8%</b>	( 3.9% - 6.1% )	2,584	2,139	<b>5.3%</b>	( 4.2% - 6.6% )
Southeast	<b>4.5%</b>	( 3.6% - 5.7% )	2,369	1,986	<b>5.0%</b>	( 4.0% - 6.2% )
Rural	<b>3.2%</b>	( 2.5% - 4.2% )	1,510	2,080	<b>4.4%</b>	( 3.2% - 5.9% )

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Screening Question:

Have you ever been told by a doctor that you have diabetes?

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
<b>Education level (persons aged 25 years and older)</b>						
Less than high school	6.4%	( 4.3% - 9.5% )	2,371	894	7.3%	( 5.0% - 10.6% )
High school graduate	4.4%	( 3.5% - 5.4% )	6,058	3,292	5.9%	( 4.7% - 7.4% )
At least some college	5.0%	( 4.0% - 6.2% )	6,927	3,115	7.2%	( 5.7% - 9.0% )
College Graduate	3.2%	( 2.5% - 4.0% )	4,239	3,149	4.2%	( 3.2% - 5.6% )
<b>Employment Status</b>						
Employed	3.0%	( 2.5% - 3.6% )	9,362	7,237	3.5%	( 2.8% - 4.3% )
Unemployed	2.0%	( 1.2% - 3.1% )	601	742	1.9%	( 1.1% - 3.0% )
Not in Workforce (Student, Homemaker, Retired)	8.6%	( 7.0% - 10.5% )	7,463	2,089	7.1%	( 5.5% - 9.2% )
Unable to work	15.5%	( 10.7% - 21.9% )	2,212	373	13.2%	( 9.1% - 18.9% )
<b>Income level</b>						
<\$15,000	8.8%	( 6.0% - 12.7% )	2,647	896	9.8%	( 6.8% - 14.1% )
\$15,000 - \$24,999	5.5%	( 3.9% - 7.7% )	3,119	1,437	6.8%	( 4.9% - 9.3% )
\$25,000 - \$49,999	4.1%	( 3.3% - 5.2% )	5,215	3,029	4.9%	( 3.9% - 6.2% )
\$50,000 - \$74,999	3.2%	( 2.3% - 4.4% )	2,518	1,833	3.3%	( 2.4% - 4.4% )
\$75,000	3.2%	( 2.4% - 4.3% )	3,622	2,249	4.3%	( 3.0% - 6.1% )
<b>Family Income level</b>						
Poor (<100% Poverty Threshold)	5.1%	( 3.3% - 7.8% )	2,334	1,109	6.6%	( 4.4% - 9.8% )
Near Poor (100% to 199% Poverty Threshold)	4.2%	( 3.2% - 5.6% )	4,153	2,400	5.6%	( 4.3% - 7.4% )
Middle/High Income (≥200% Poverty Threshold)	4.1%	( 3.5% - 4.8% )	10,634	5,931	4.5%	( 3.8% - 5.4% )
<b>Healthcare Coverage</b>						
Yes	4.7%	( 4.1% - 5.3% )	17,229	8,661	5.2%	( 4.5% - 5.9% )
No	2.6%	( 1.8% - 3.6% )	2,006	1,738	3.5%	( 2.2% - 5.7% )
<b>Veteran</b>						
Yes	4.6%	( 3.2% - 6.6% )	2,865	1,014	4.0%	( 2.8% - 5.6% )
No	4.4%	( 3.6% - 5.4% )	10,502	4,257	5.4%	( 4.4% - 6.6% )
<b>General Health</b>						
Excellent to Very Good	1.7%	( 1.3% - 2.2% )	4,339	5,872	2.1%	( 1.6% - 2.8% )
Good	6.0%	( 4.9% - 7.3% )	8,159	3,241	6.8%	( 5.5% - 8.3% )
Fair/Poor	13.3%	( 10.9% - 16.2% )	7,148	1,331	10.9%	( 9.0% - 13.2% )

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Screening Question:

Have you ever been told by a doctor that you have diabetes?

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
<b>Healthy Days (Mean Number of Days)</b>						
Physical Health Not Good	<b>7.5</b>	( 5.9 - 9.1 )		502	<b>5.9</b>	( 4.6 - 7.2 )
Mental Health Not Good	<b>3.6</b>	( 2.6 - 4.5 )		495	<b>3.3</b>	( 2.4 - 4.2 )
Unhealthy Days (Physical or Mental Health Not Good)	<b>9.8</b>	( 8.1 - 11.5 )		486	<b>8.2</b>	( 6.7 - 9.7 )
Days with Activity Limitation	<b>3.4</b>	( 2.6 - 4.2 )		503	<b>2.8</b>	( 2.1 - 3.5 )
<b>Healthy Days (Percentage with 14 or More Days)</b>						
Physical Health Not Good	<b>12.7%</b>	( 9.7% - 16.4% )	4,803	938	<b>10.5%</b>	( 8.1% - 13.6% )
Mental Health Not Good	<b>5.6%</b>	( 3.8% - 8.2% )	1,983	843	<b>8.6%</b>	( 5.5% - 13.1% )
Unhealthy Days (Physical or Mental Health Not Good)	<b>9.2%</b>	( 7.2% - 11.7% )	5,907	1,543	<b>9.3%</b>	( 7.3% - 11.8% )
Activity Limitation	<b>9.8%</b>	( 7.0% - 13.5% )	2,204	566	<b>9.6%</b>	( 7.1% - 13.0% )
<b>Special Conditions*</b>						
Alcohol: Binge Drinkers						
Yes	<b>2.6%</b>	( 1.5% - 4.5% )	2,070	1,372	<b>3.5%</b>	( 2.1% - 6.0% )
No	<b>4.6%</b>	( 4.0% - 5.3% )	16,802	6,499	<b>5.0%</b>	( 4.3% - 5.7% )
Alcohol: Heavy Drinkers						
Yes	<b>3.4%</b>	( 1.5% - 7.7% )	938	519	<b>3.8%</b>	( 1.8% - 7.8% )
No	<b>4.3%</b>	( 3.7% - 5.0% )	17,942	7,359	<b>4.9%</b>	( 4.3% - 5.7% )
Arthritis						
Yes	<b>10.4%</b>	( 7.4% - 14.4% )	3,818	689	<b>7.5%</b>	( 5.4% - 10.3% )
Possible	<b>4.1%</b>	( 2.5% - 6.8% )	1,263	555	<b>6.1%</b>	( 3.1% - 11.4% )
No	<b>3.0%</b>	( 1.9% - 4.7% )	2,412	1,385	<b>3.8%</b>	( 2.5% - 5.9% )
Asthma						
Yes	<b>6.6%</b>	( 5.0% - 8.5% )	3,650	1,256	<b>7.8%</b>	( 5.8% - 10.3% )
No	<b>4.1%</b>	( 3.5% - 4.7% )	16,021	9,202	<b>4.7%</b>	( 4.1% - 5.4% )
High Cholesterol						
Yes	<b>12.9%</b>	( 9.3% - 17.5% )	3,809	579	<b>9.2%</b>	( 6.7% - 12.5% )
No	<b>3.9%</b>	( 2.6% - 5.8% )	3,032	1,341	<b>4.5%</b>	( 3.0% - 6.6% )
Diabetes						
Yes	<b>100.0%</b>	( 0.0% - 0.0% )	19,671	514	<b>100.0%</b>	( 0.0% - 0.0% )
No	<b>0.0%</b>	( 0.0% - 0.0% )	0	9,960	<b>0.0%</b>	( 0.0% - 0.0% )

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Have you ever been told by a doctor that you have diabetes?

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI
High Blood Pressure (Hypertension)						
Yes	<b>12.3%</b>	( 9.1% - 16.5% )	4,207	676	<b>9.7%</b>	( 7.3% - 12.9% )
No	<b>2.9%</b>	( 1.9% - 4.3% )	3,323	1,981	<b>3.9%</b>	( 2.6% - 5.9% )
Weight Status						
Normal (BMI <25)	<b>2.1%</b>	( 1.5% - 2.9% )	3,711	3,971	<b>2.7%</b>	( 2.0% - 3.7% )
Overweight (BMI 25 to 30)	<b>4.2%</b>	( 3.3% - 5.2% )	6,890	3,788	<b>4.9%</b>	( 3.9% - 6.1% )
Obese (BMI ≥30)	<b>8.5%</b>	( 7.2% - 10.1% )	8,639	2,461	<b>8.4%</b>	( 7.1% - 10.1% )
Obese I (BMI 30 TO < 35)	<b>6.4%</b>	( 4.9% - 8.3% )	4,263	1,574	<b>6.4%</b>	( 4.9% - 8.4% )
Obese II & III (BMI ≥35)	<b>12.5%</b>	( 10.0% - 15.5% )	4,376	887	<b>12.4%</b>	( 9.8% - 15.5% )
Smoking Status						
Current Smoker	<b>4.1%</b>	( 3.0% - 5.6% )	4,911	2,796	<b>5.1%</b>	( 3.7% - 6.9% )
Former Smoker	<b>4.9%</b>	( 4.0% - 6.0% )	5,595	2,729	<b>4.4%</b>	( 3.5% - 5.4% )
Never Smoked	<b>4.3%</b>	( 3.6% - 5.1% )	9,123	4,903	<b>5.4%</b>	( 4.5% - 6.4% )
Fruit and Vegetable Index						
<1 Per Day or Never	<b>3.6%</b>	( 1.8% - 6.9% )	448	254	<b>5.0%</b>	( 1.9% - 12.4% )
1 to <3 Times Per Day	<b>3.4%</b>	( 2.5% - 4.7% )	3,687	1,863	<b>4.6%</b>	( 3.3% - 6.3% )
3 to <5 Times Per Day	<b>5.0%</b>	( 3.8% - 6.5% )	5,267	1,903	<b>5.6%</b>	( 4.2% - 7.4% )
5 Or More Times Per Day	<b>4.6%</b>	( 3.2% - 6.5% )	3,262	1,333	<b>4.9%</b>	( 3.5% - 6.8% )
Physical Activity Recommendations						
Meets Recommendation	<b>2.3%</b>	( 1.5% - 3.4% )	1,876	1,450	<b>3.3%</b>	( 2.5% - 4.5% )
Do Some Physical Activity	<b>6.8%</b>	( 4.7% - 9.9% )	3,163	804	<b>7.5%</b>	( 5.7% - 9.9% )
Physically Inactive	<b>12.5%</b>	( 7.6% - 19.9% )	1,918	287	<b>9.4%</b>	( 6.1% - 14.1% )
Leisure Time Exercise						
Yes	<b>3.7%</b>	( 3.1% - 4.5% )	13,260	6,330	<b>4.3%</b>	( 3.6% - 5.1% )
No	<b>6.2%</b>	( 4.9% - 7.7% )	5,757	1,673	<b>6.1%</b>	( 4.9% - 7.6% )
Flu Shot or Spray Within Past 12 Months						
Yes	<b>7.4%</b>	( 6.2% - 8.8% )	11,209	2,749	<b>6.6%</b>	( 5.6% - 7.9% )
No	<b>2.6%</b>	( 2.1% - 3.3% )	7,808	5,200	<b>3.7%</b>	( 2.9% - 4.8% )
Ever Had Pneumonia Shot						
Yes	<b>9.5%</b>	( 7.7% - 11.6% )	7,914	1,553	<b>7.8%</b>	( 6.4% - 9.6% )
No	<b>3.2%</b>	( 2.6% - 3.9% )	9,833	5,470	<b>4.2%</b>	( 3.3% - 5.3% )

**DATA ISSUES**

Definitions:

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Screening Question:

Have you ever been told by a doctor that you have diabetes?

Population at Risk	Response:		Yes		Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	N	%	95% CI

*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.

% = Weighted Percentage

95% CI = 95% Confidence Interval

Percentages are weighted to population characteristics.

*Individuals* = Estimated number of adult individuals meeting conditions.

*N* = Total Sample Size (unweighted number of total valid respondents)

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.

--- = Data are not available.

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.

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

NA = Not applicable.

\* Special Conditions Definitions:

Alcohol: Binge Drinking - Adults having five or more drinks on one occasion

Alcohol: Heavy Drinkers - Adult men having more than two drinks per day and adult women having more than one drink per day.

Arthritis - Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

Asthma - Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

High Cholesterol - Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Diabetes - Have you ever been told by a doctor that you have diabetes?

High Blood Pressure - Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Weight Status - Computed from about how much do you weigh without shoes? and About how tall are you without shoes?

Smoking Status - Have you smoked at least 100 cigarettes in your entire life? And Do you now smoke cigarettes every day, some days, or not at all?

Fruit and Vegetable Servings Index - How often do you: drink fruit juices, eat fruit, eat green salad, eat potatoes, eat carrots, servings of vegetables?

Physical Activity Recommendation - We are interested in two types of physical activity: vigorous and moderate.

Leisure Time Exercise - During the past month, other than your regular job, did you participate in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

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Have you ever been told by a doctor that you have diabetes?

Response:	Yes					
	<i>Observed Rate</i>			<i>Age-Adjusted Rate</i>		
<b>Population at Risk</b>	%	<i>95% CI</i>	<i>Individuals</i>	<i>N</i>	%	<i>95% CI</i>

**Notes:**

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

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.