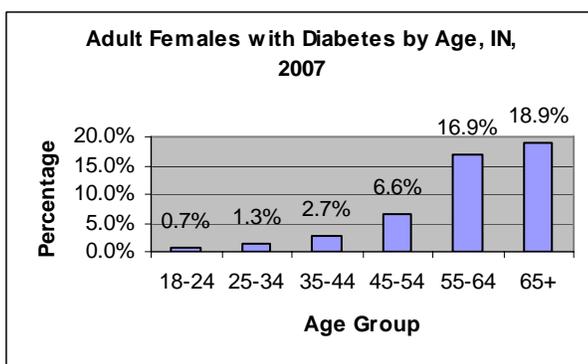


Indiana: Diabetes and Women

Diabetes is a unique condition for women. When compared with men, women have a 50 percent greater risk of diabetic coma, a condition brought on by poorly controlled diabetes and lack of insulin. Women with diabetes have heart disease rates similar to men, but more women with diabetes die from a first heart attack than do men with diabetes.

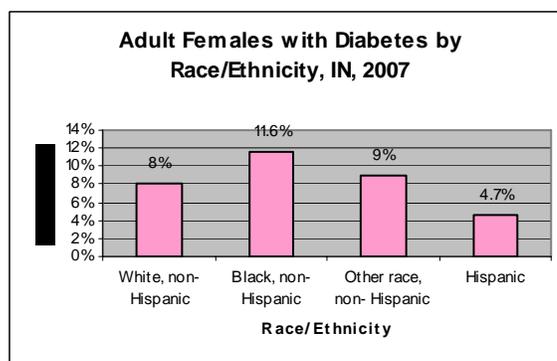
Diabetes also poses special challenges during pregnancy. Compared with women who don't have diabetes, women with diabetes are up to five times more likely to develop toxemia, a disorder marked by hypertension, protein in the urine, swelling, headache, and visual disturbances. Diabetes during pregnancy (gestational diabetes) results in an increased risk for problems such as high birth weight, birth defects, and other complications for the mother. Children born of mothers who developed gestational diabetes are more likely to be overweight or obese during adolescence and therefore are at greater risk for diabetes as well. Women who have had gestational diabetes are at increased risk for developing Type 2 diabetes later. Birth control pills can affect blood glucose levels and diabetes control. (Office of Women's Health, Federal Drug Administration)

Diabetes Prevalence



- In 2007, the prevalence of adult females with diabetes in Indiana was 8.1%. A steady increase since 1996 (prevalence rate was 4.6%) indicates the severity of this issue in Indiana.
- In Indiana, males had a higher prevalence (8.8%) of diabetes than females (8.1%) and a higher prevalence than the national average of 7.8%.
- Pre-diabetes prevalence for Indiana women was 1.3% while men had a rate of 1.0%.
- Gestational diabetes occurs when a woman is pregnant. In 2007, the national average of women with gestational diabetes was 0.9%, while Indiana's prevalence rate was 1.1%.

- As women age, the risk of developing diabetes increases.
- Females over the age of 65 have the highest prevalence of diabetes at 18.9%.
- Females between the ages of 45-54 have a prevalence of diabetes at 6.6%.
- Females between the ages of 18-24 have the lowest prevalence of diabetes at 0.7%.
- Blacks have the highest rate of diabetes (11.6%) among all racial/ethnic groups.
- The lowest prevalence of diabetes is among Hispanic women (4.7%).



Health Conditions

- The majority of adult females with diabetes reported their health to be good (34.3%) or fair (31.1%) with lower percentages reporting very good (14.2%) or excellent (2.5%).
- Adult females with diabetes tend to have a higher prevalence of obesity (57.5%) compared to those without diabetes (24.5%).
- Adult females with diabetes had more cardiovascular conditions than those without diabetes.
- In 2007, 17.4% of adult females with diabetes smoked, which was lower than females without diabetes (22.4%).
- More adult females with diabetes reported having asthma (23.5%) than those without diabetes (15.5%).

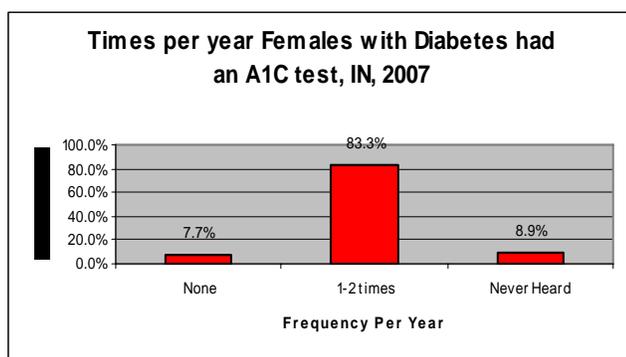
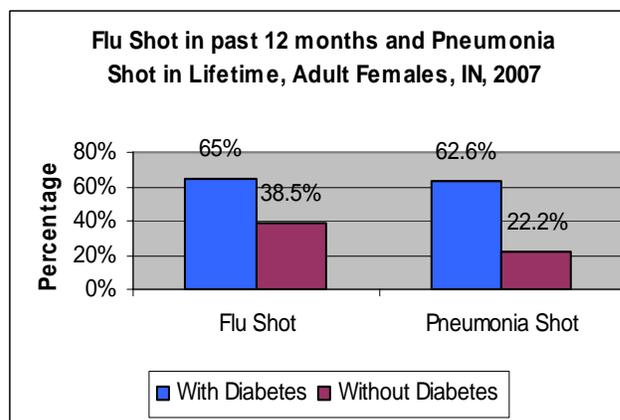
Indiana: Diabetes and Women

Health Care

- Of adult females, 82.7% with diabetes had a routine check up in the previous year which was higher than those without diabetes.
- Adult females without diabetes are more likely to visit the dentist within a year (70.6%) than women with diabetes (56.6%).
- More females with diabetes (24.1%) had health problems requiring special equipment compared to their counterparts without diabetes (4.7%).
- Only 29.8% of females have their feet checked by health professionals.

Preventive Measures

- More adult females without diabetes reported exercising in the past 30 days (74.5%), compared to adult females with diabetes (52.6%).
- In 2007, 63.2% of females with diabetes reported they had taken a diabetes self-management class.
- More than half of adult females with diabetes got a flu shot in the past year (65.8%), and 62.6% have had a pneumonia shot in their lifetime. Both percentages were higher than females without diabetes.



- The majority of women who have diabetes checked their blood glucose levels at least 1-5 times per day (68.6%). Women who never check their blood glucose levels during the day (8.9%) experience more complications.
- 90% of females with diabetes check their feet for sores daily.
- In 2007, the majority of females with diabetes (69%) were receiving eye exams annually with their pupils being dilated, which is the recommended guideline.
- In 2007, the majority of women with diabetes (83.3%) had their A1C's tested at least 1-2 times per year, as recommended.

