

# Indiana Facts at a Glance

# DIABETES

## Scope of the Problem

- ∞ 8.1% of Indiana's adult population reported that they have been **diagnosed with diabetes**<sup>(1)</sup> compared to the national average of 7.5%.<sup>(2)</sup>
- ∞ It is estimated that 3% of the Indiana population have **undiagnosed diabetes**.<sup>(3)</sup>
- ∞ 0.22% of Hoosier children and adolescents in Indiana have been diagnosed with **type 1 diabetes**.<sup>(3)</sup>
- ∞ Diabetes was the 6<sup>th</sup> **leading cause of death** in Indiana in 2005. It was the 4<sup>th</sup> leading cause of death for Blacks, 7<sup>th</sup> for Whites, and 6<sup>th</sup> for Hispanics/Latinos.<sup>(4)</sup>
- ∞ The **average yearly health care cost** for a person with diabetes in the United States was \$13,243 in 2002, compared with \$2,560 for a person without diabetes.<sup>(3)</sup>  
Assuming that the 380,000 Indiana adults with diabetes have similar medical costs, they would have spent over 5 billion dollars on medical care in 2006.

## Populations at Risk

- ∞ **Older age** – Hoosiers 65 years and older (12.4% of Indiana's population) had a diabetes prevalence of 20%.<sup>(1)</sup>
- ∞ **Race/Ethnicity**
  - Black adults (8.1% of Indiana's population) had a diabetes prevalence of 10%.<sup>(1)</sup>
  - Hispanic/Latino American adults (4.1% of Indiana's population) had a diabetes prevalence of 4%.<sup>(1)</sup> (Please note: The change in Hispanic diabetes prevalence between years has not been statistically significant.)
  - Asian, Native Hawaiian/Pacific Islanders, American Indian/Alaskan Native, or other adults (2.3% of the population) had a diabetes prevalence of 8%.<sup>(1)</sup>
  - Those identifying themselves as having two or more races (0.7% of Indiana's population) had a diabetes prevalence of 15%.<sup>(1)</sup>
- ∞ **Gestational diabetes** – In 2006, 2% of women reported they had been diagnosed with gestational diabetes (diabetes during pregnancy).<sup>(1)</sup> Of these women, 20–50% have a chance of developing diabetes in the next 5–10 years and about 5–10% will have type 2 diabetes immediately following pregnancy.<sup>(3)</sup>
- ∞ **High blood glucose or pre-diabetes** – 26% of Indiana's population have pre-diabetes putting them at risk for developing diabetes later in life.<sup>(3)</sup>
- ∞ **Overweight or Obese** – 63% of adults in Indiana were overweight or obese in 2006.<sup>(1)</sup>
- ∞ **Sedentary lifestyles** – 25% of Indiana adults did not participate in any physical activity in the past month.<sup>(1)</sup>
- ∞ **Smoking** – 24% of Indiana's adult population in 2006 were current tobacco smokers.<sup>(1)</sup>

## Complications

- ∞ **Death** – 1,721 individuals died from diabetes as the underlying cause of death, and 3,163 individuals died from diabetes as a contributing cause of death.<sup>(4)</sup>
- ∞ **Hospitalizations** – 9,894 individuals seen as inpatients in the hospital had the primary diagnosis of diabetes.<sup>(5)</sup>
- ∞ **Heart attack** – 17% of individuals with diabetes have had a heart attack, and 16% have been told by a health care professional that they have angina or coronary heart disease.<sup>(6)</sup>

- ∞ **Stroke** – 8% of those with diabetes have been diagnosed with a stroke.<sup>(6)</sup>
- ∞ **Blindness** – 554 new cases of legal blindness and 272 new cases of visual impairment were due to diabetic retinopathy in adults over 17 years of age.<sup>(7)</sup> Of adults with diabetes, 18% have been told that their diabetes has affected their eyes or caused retinopathy.<sup>(1)</sup>
- ∞ **Kidney disease** – 812 of the 2,030 new cases of end stage renal disease were in people with diabetes.<sup>(8)</sup>
- ∞ **Lower extremity amputations** – 1,763 individuals with a primary hospital discharge diagnosis of diabetes underwent a lower extremity amputation.<sup>(5)</sup>
- ∞ **Depression** – 28% of individuals with diabetes have been diagnosed with a depressive disorder.<sup>(1)</sup>
- ∞ **Dental Disease** – 40% of adults with diabetes have had six or more (including all) teeth removed compared the 16% in adults without diabetes.<sup>(2)</sup>

## Preventative Care for People with Diabetes

Preventative Care Measures	Indiana	United States
<b>Attend diabetes self management class</b>	61% attended a class <sup>(1)</sup>	54% <sup>(2)</sup>
<b>See a doctor or nurse at least once a year for their diabetes</b>	89% saw a health profession at least once <sup>(1)</sup>	87% <sup>(2)</sup>
<b>Check glucose level daily</b>	66% (8% never check their levels) <sup>(1)</sup>	62% <sup>(2)</sup>
<b>Have A1C test twice a year (at least 3 months apart) to monitor glucose levels</b>	71% got the test 1–4 times/year <sup>(1)</sup>	68% got the test 1–4 times/year <sup>(2)</sup>
<b>Have cholesterol checked yearly</b>	95.7% had cholesterol checked yearly <sup>(6)</sup>	90.8% <sup>(2)</sup>
<b>Have a yearly dilated eye exam</b>	63% (6% have never had an exam) <sup>(1)</sup>	69% <sup>(2)</sup>
<b>Have a yearly foot exam</b>	72% at least one exam <sup>(1)</sup>	69% <sup>(2)</sup>
<b>Get a yearly dental exam</b>	55% had an exam <sup>(1)</sup>	58% <sup>(2)</sup>
<b>Get a yearly flu shot</b>	58% received the shot <sup>(1)</sup>	55% <sup>(2)</sup>
<b>Get a pneumonia vaccination</b>	53% have had the shot in their lifetime <sup>(1)</sup>	48% <sup>(2)</sup>
<b>Quit smoking</b>	17% currently smoke <sup>(1)</sup>	15% <sup>(2)</sup>
<b>Lose weight</b>	31% of adults with diabetes were overweight, and 51% were obese <sup>(1)</sup>	32% were overweight and 48% were obese <sup>(2)</sup>
<b>Exercise</b>	43% did not participate in any physical activity in the past 30 days <sup>(1)</sup>	38% <sup>(2)</sup>

**References:**

All population estimates are from United States Census Bureau, American Community Survey, 2006, [quickfacts.census.gov/qfd/states/18000.html](http://quickfacts.census.gov/qfd/states/18000.html).

1. Indiana State Department of Health, Behavioral Risk Factor Surveillance System Survey Data, 2006.

2. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey Data, 2005 & 2006.

3. Centers for Disease Control and Prevention (CDC), National Diabetes Fact Sheet, 2005, [www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2005.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2005.pdf).

4. Indiana State Department of Health, Mortality Data, 2005.

5. Indiana State Department of Health, Indiana Hospital Discharge Data, 2005.

6. Indiana State Department of Health, Behavioral Risk Factor Surveillance System Survey Data, 2005.

7. Indiana Blind Registry Data, 2005.

8. The Renal Network, 2005, [www.therenalnetwork.org](http://www.therenalnetwork.org).

For more information contact the Diabetes Prevention and Control Program, Indiana State Department of Health,

2 North Meridian Street, Indianapolis, IN 46204 (317) 233-1325 [www.statehealth.in.gov/programs/diabetes/splash.htm](http://www.statehealth.in.gov/programs/diabetes/splash.htm)

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