



CHRONIC DISEASE BURDEN UPDATE

This update provides trend data and a snapshot of the current burden of diabetes in Illinois using the Behavioral Risk Factor Surveillance System

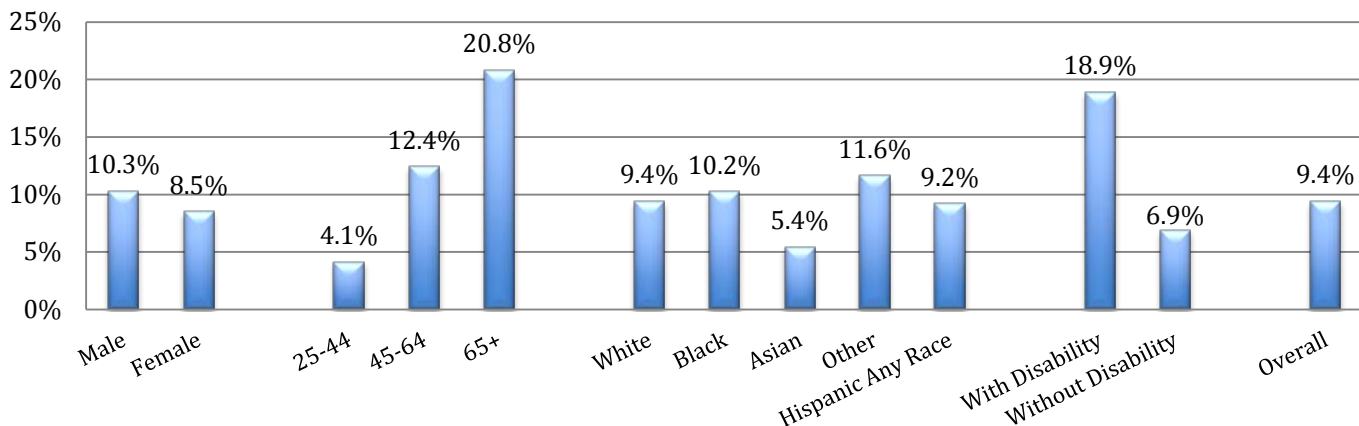
Diabetes mellitus is a chronic disease that causes high blood glucose levels as a result of insufficient production or improper use of insulin. Diabetes can have harmful effects, such as, kidney failure, blindness, heart attacks, strokes and amputations. According to the U.S. Centers for Disease Control and Prevention (CDC) 2010 data, diabetes is the seventh leading cause of death affecting 25.8 million people in the United States and eighth leading cause of death in Illinois.

According to Illinois Behavioral Risk Factor Surveillance System (BRFSS), in 2011, 9.7 percent and, in 2012, 9.4 percent of adults had been told they have diabetes. According to data from the CDC National Health Interview Survey, in 2011, nationally, 9.0 percent of adults had been told they have diabetes.¹

WHO HAS DIABETES?

Demographic characteristics of adults with diabetes in Illinois are highlighted below. According to the 2012 Illinois BRFSS, the percentage of adults who had been told they have diabetes was highest in adults age 65 years and above (20.8%); in males (10.3%) compared to females (8.5%); and in people with a disability (18.9%) compared to people without a disability (6.9%). The highest percentage of adults who have been told they have diabetes are in the “other” race category (11.6%), followed by black (10.2%), white (9.4%), Asian (5.4%) and Hispanic of any race (9.2%).

Diabetes Prevalence in Adults by Demographics, Illinois, 2012

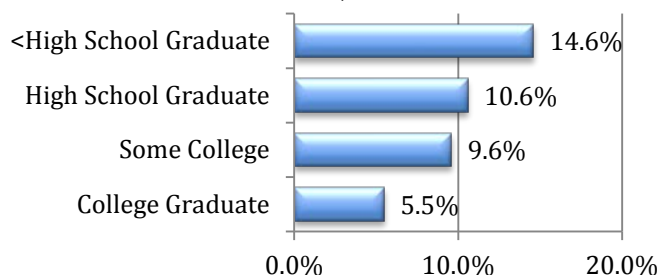


Source: Illinois Behavioral Risk Factor Surveillance System, 2012

INCOME AND EDUCATION

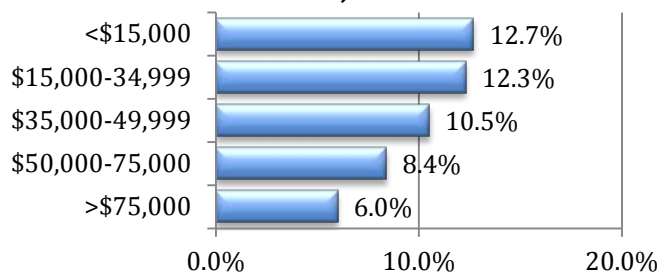
As education and income levels increase, the prevalence of diabetes decreases, indicating people with the lowest socioeconomic status are most likely to have diabetes. According to the 2012 Illinois BRFSS, the prevalence of diabetes is highest among adults with a household income of less than \$15,000 (12.7%) and lowest in the \$75,000 and above income bracket (6.0%). It is highest in adults with less than high school education and lowest in adults who graduated from college (14.6% v 5.5%).

Diabetes Prevalence by Education, Illinois, 2012



Source: Illinois Behavioral Risk Factor Surveillance System, 2012

Diabetes Prevalence by Income, Illinois, 2012



Source: Illinois Behavioral Risk Factor Surveillance System, 2012

Weight and Smoking Status of Adults With and Without Diabetees

Condition	Adults with Diabetes (%)	Adults without Diabetes (%)
Weight Status	(%)	(%)
Underweight/normal	16.0	38.6
Overweight	34.7	34.6
Obese	48.4	24.6
Smoking Status	(%)	(%)
Current smoker	19.5	18.4
Former smoker	34.3	23.3
Non-smoker	46.2	58.4

Source: Illinois Behavioral Risk Factor Surveillance System, 2012

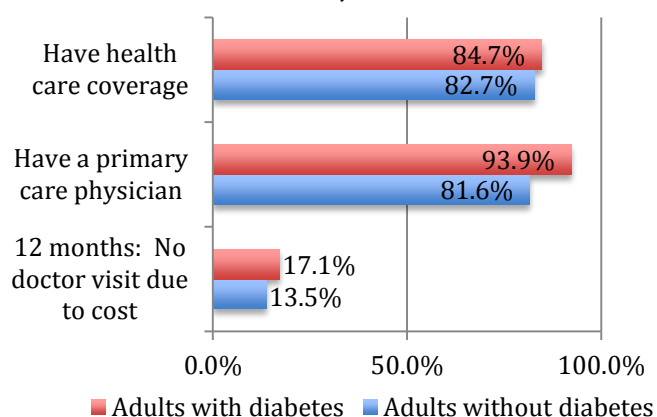
RISK FACTORS

Obesity and tobacco use are both risk factors for developing diabetes. The obesity rate of adults with diabetes is approximately 20 percent points higher than that of adults without diabetes (48.4% v 24.6%). A higher percentage of adults without diabetes are non-smokers than adults with diabetes (58.4% v 46.2%). A lower percentage of adults without diabetes are former smokers (23.3%) than adults with diabetes (34.3%).

INSURANCE

Limited access to health care is a challenge many face in Illinois. Health problems should be addressed immediately for patient to receive the most effective treatment and to reduce complications and to prevent further medical costs. According to the 2012 Illinois BRFSS, a higher percentage of adults with diabetes avoided medical care in the past year due to cost than adults without diabetes (17.1% v 13.5%). Adults with diabetes are more likely to have health conditions that require frequent visits to health care providers. A higher percentage of adults with diabetes have a primary care physician than adults without diabetes (93.9% v 81.6%). A slightly higher percentage of adults with diabetes have health care coverage than adults without diabetes (84.7% v 82.7%).

Health Care Access Among Adults With and Without Diabetes, Illinois, 2012



Source: Illinois Behavioral Risk Factor Surveillance System, 2012

¹U.S. Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Health Interview Statistics, data from National Health Interview Survey available at <http://www.cdc.gov/diabetes/statistics/prev/national/figageadult.htm>