



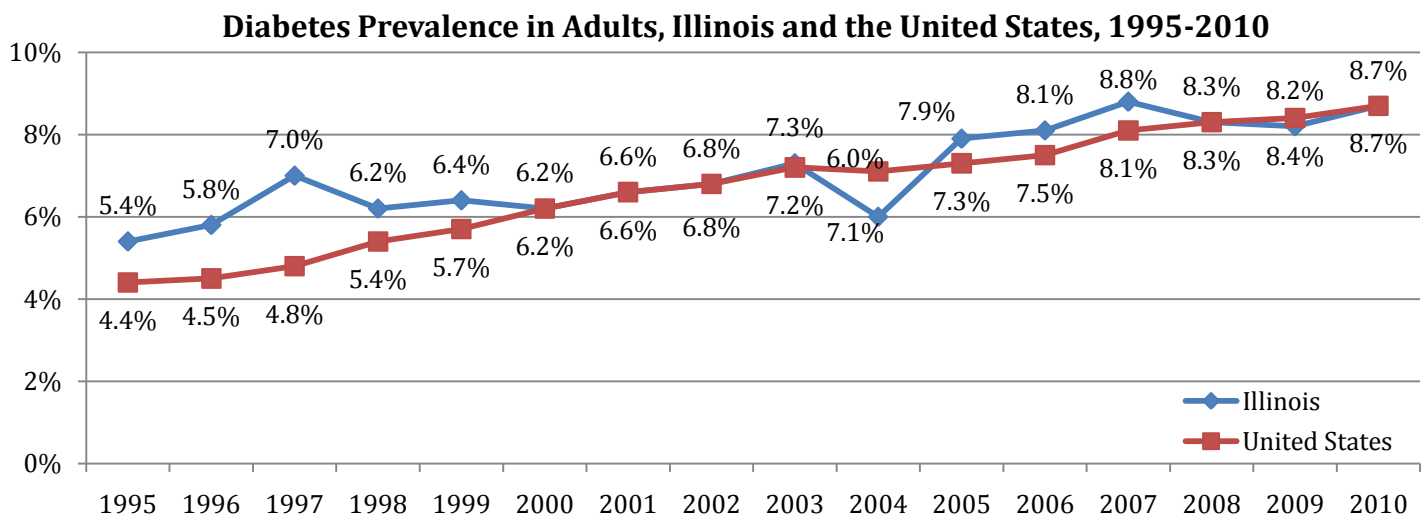
# CHRONIC DISEASE BURDEN UPDATE

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

Diabetes mellitus is a chronic disease that can harm many organs and cause complications such as: kidney failure, blindness, heart attacks, strokes, and amputations. The U.S. Centers for Disease Control and Prevention (CDC) states that diabetes is the seventh leading cause of death affecting 25.8 million people in the United States. According to the 2011 BRFSS, 9.7 percent of adults in Illinois have been told they have diabetes, compared to 9.0 percent nationally. (Note: Due to sampling and weighting methodology changes in BRFSS, 2011 data should not be compared with prior years.)

## DIABETES TREND

The percent of people who have ever been told they have diabetes by a medical provider has increased between 1995 and 2010 in Illinois and nationally.



Source: CDC Behavioral Risk Factor Surveillance System, 1995-2010

## RISK FACTORS

Obesity and tobacco use are both risk factors for developing diabetes. The obesity rate of adults with diabetes (51.1%) is higher than adults without diabetes (23.6%). A higher percentage of adults without diabetes (21.8%) are current smokers than adults with diabetes (13.8%). The percentage of adults with diabetes who are former smokers (39.0%) is higher than the percentage of adults without diabetes who are former smokers (22.6%).

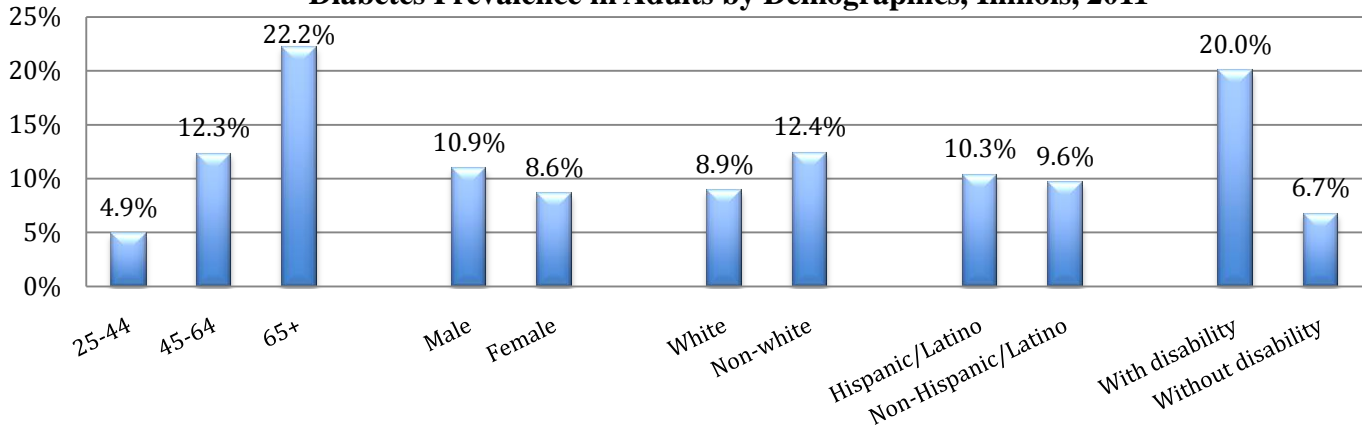
Condition	Adults with Diabetes (%)	Adults without Diabetes (%)
<b>Weight Status</b>	(%)	(%)
Underweight/normal	10.8	37.9
Overweight	35.3	35.7
Obese	51.1	23.6
<b>Smoking Status</b>	(%)	(%)
Current smoker	13.8	21.8
Former smoker	39.0	22.6
Non-smoker	47.2	55.6

Source: Illinois Behavioral Risk Factor Surveillance System, 2011

## WHO HAS DIABETES?

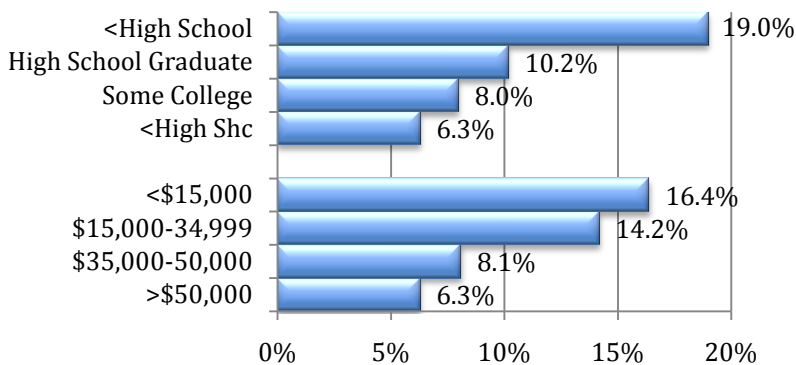
Demographic characteristics of adults with diabetes in Illinois are highlighted below. The prevalence of diabetes in Illinois was highest in the 65 years or older age group (22.2%); in males (10.9%) compared to females (8.6%); in non-whites (12.4%) compared to whites (8.9%); in Hispanics/Latinos (10.3%) compared to non-Hispanic/Latinos (9.6%); and in people with a disability (20.0%) compared to people without a disability (6.7%).

**Diabetes Prevalence in Adults by Demographics, Illinois, 2011**



Source: Illinois Behavioral Risk Factor Surveillance System, 2011

**Diabetes Prevalence in Adults by Income and Education, Illinois, 2011**



Source: Illinois Behavioral Risk Factor Surveillance System, 2011

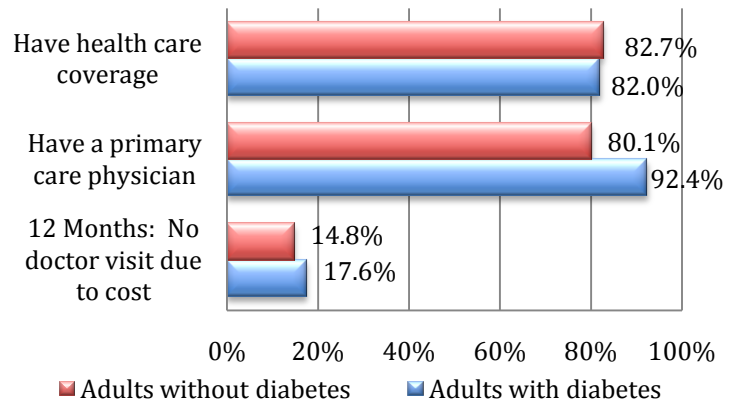
## INCOME AND EDUCATION

As education level and income rises the prevalence of diabetes decreases, indicating adults with lower socioeconomic status have the highest prevalence of diabetes. The prevalence of diabetes is higher among adults with household income less than \$15,000 (16.4%) than in all higher income groups. It is highest in adults with less than high school education (19.0%) compared to adults who completed higher education (6.3%).

## INSURANCE

Access to health care for adults has a large impact on the ability to reduce the burden of diabetes. A higher percentage of adults with diabetes (17.6%) avoided medical care in the past year due to cost than adults without diabetes (14.8%). A higher percentage of people with diabetes have a primary care physician compared to those without diabetes (92.4% v 80.1%). There is a higher number of adults without diabetes (82.7%) who have health care coverage than adults with diabetes (82.0%).

**Health Care Access Among Adults With and Without Diabetes, Illinois, 2011**



Source: Illinois Behavioral Risk Factor Surveillance System, 2011