

HEALTHY NORTH DAKOTA



HIGHLIGHTS

Volume 1, Number 2

September 2004

Diabetes is rising in North Dakota

Diabetes and its complications (heart disease, stroke, loss of vision, kidney failure and amputation) cause a large, preventable burden of illness and death among people in North Dakota. More than 30 million Americans now have diabetes or prediabetes; 30 percent of the cases of diabetes are still undiagnosed. The risk of developing diabetes can be greatly reduced through weight reduction and physical activity; likewise, the risk of complications from diabetes can be greatly reduced through disease management programs that follow established clinical practice guidelines. This report presents information about diabetes in North Dakota and includes important prevention and management recommendations.

Some North Dakotans are at high risk for diabetes

- In North Dakota in 2003, 6 percent of adults reported being diagnosed diabetes. The prevalence of diabetes increased 72 percent from 1994 to 2003 (3.6% to 6.2%).
- People 55 and older are about seven times more likely to be diagnosed with diabetes (14%) than are people younger than 55 (2%).
- People at increased risk for diabetes include those with fair or poor self-reported health (23%), with any limitation due to a health problem (15%), or who are obese (13%).
- American Indians in North Dakota have high rates of diabetes (11%, 1996-2002).

Figure 1: Prevalence of Diabetes in North Dakota, by Year, 1994-2003

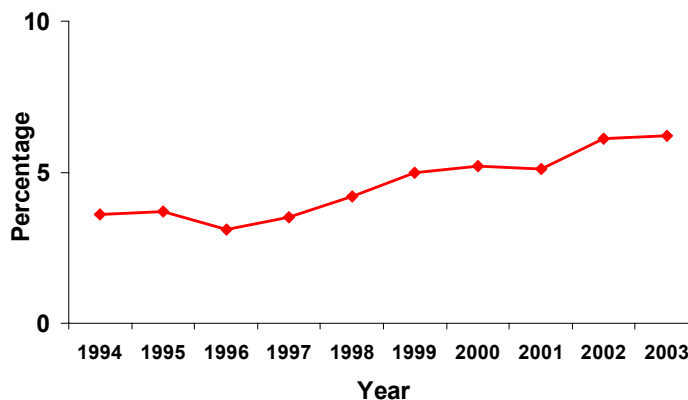
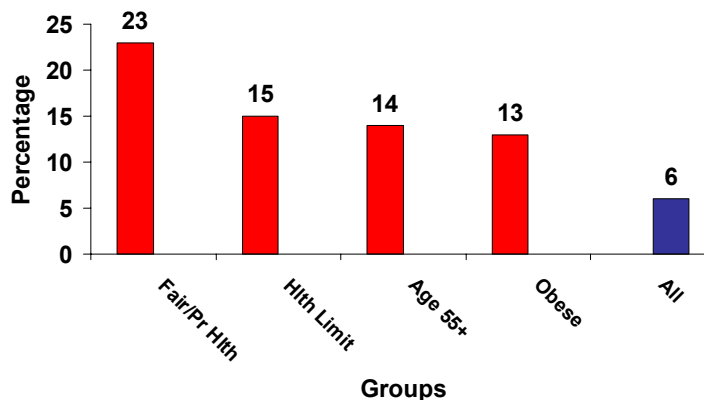


Figure 2: Prevalence of Diabetes in North Dakota, by Group, 2003



Public health efforts need to be intensified

The proportion of North Dakota adults who have diabetes increased from 3.6 percent in 1994 to 6.2 percent in 2003; more than 28,000 North Dakota adults now have diabetes. The prevalence of obesity, one of the major risk factors for type 2 diabetes, increased from 14 percent in 1994 to 23 percent in 2003. The Healthy People 2010 objectives for diagnosed diabetes is less than 2.5 percent and for obesity is less than 15 percent.

“**Healthy North Dakota - Highlights**” is prepared by the Department of Community Medicine, University of North Dakota School of Medicine and Health Sciences for the North Dakota Department of Health.

To learn more about diabetes and other behavioral health risks in NORTH DAKOTA contact the North Dakota Department of Health; 600 E. Boulevard Ave., Dept 301; Bismarck, ND 58505; 701.328.2372; or visit www.ndhealth.gov.



EFFECTIVE STRATEGIES

To reduce the risk of developing diabetes:

- Get regular physical activity. (30 minutes per day on most days)
- Control weight. (Adults should try to keep body mass index [BMI] between 18 and 25*.)

To reduce the risk of complications for people who have diabetes:

- Do not smoke.
- Know “**ABCs**” and control them.
 - A**1c (hemoglobin A_{1c}) below 7 percent
 - B**lood pressure less than 130/80
 - C**holesterol (LDL cholesterol) less than 100
- Control weight.
- Exercise regularly.
- Get eye and foot exams at least annually.
- Get a flu shot every year and a pneumococcal vaccination at least once.

*The formula used to calculate BMI can be found at www.nhlbisupport.com/bmi/

TECHNICAL NOTE

Data presented in this “**Healthy North Dakota - Highlights**” come from the North Dakota Behavioral Risk Factor Surveillance System (BRFSS) for year 2003. Every year since 1984, a random sample of adult (age 18 and older) North Dakotans has been interviewed about a wide variety of behavioral risks that are important to staying healthy. Full details of the survey method used to secure these data can be seen at www.cdc.gov/brfss. Whenever race-specific estimates for North Dakota American Indians are presented, a seven year aggregate BRFSS dataset (1996-2002) has been used; 438 respondents during this time period identified themselves as American Indian.

In 2003, there were 3,026 respondents to the North Dakota BRFSS. The responses described in this issue concern Persons with diabetes; persons who have been told they have diabetes by their doctor, excluding diagnosis during pregnancy only.

Suggested citation: Brosseau JD, Sahmoun AE, Holzman GS, Helgerson SD, Pickard SP. Diabetes is rising in North Dakota. *Healthy North Dakota-Highlights*, 2004; 1(2):1-2