



DIABETES AMONG ADULTS IN ARKANSAS, 2008



In Arkansas,
1 in 5 adults
age 65 and over
has been
diagnosed with
diabetes.

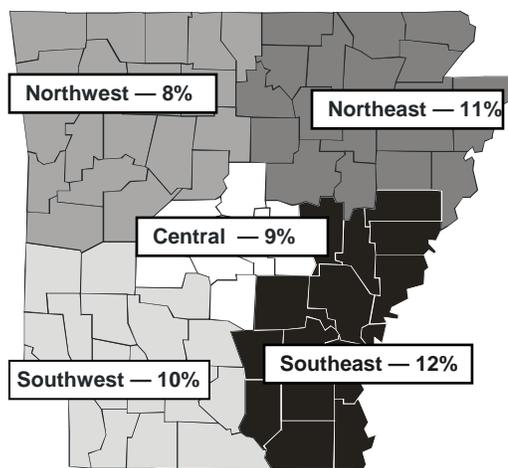
Arkansas
Behavioral
Risk Factor
Surveillance
System

THE BURDEN OF DIABETES

- ◆ Diabetes can lead to blindness, kidney damage, heart disease, lower-limb amputations, and other complications. People with diabetes can prevent these complications by carefully managing their disease and making healthy lifestyle choices.
- ◆ According to the Centers for Disease Control and Prevention, the risk for death among people with diabetes is about twice that of people without diabetes of similar age.
- ◆ Over 200,000 Arkansas adults (10%) have been diagnosed with diabetes. Many others have undiagnosed diabetes and therefore their disease is not managed.

PUBLIC HEALTH REGION

The map to the right shows how estimated diabetes rates vary by public health region in Arkansas.

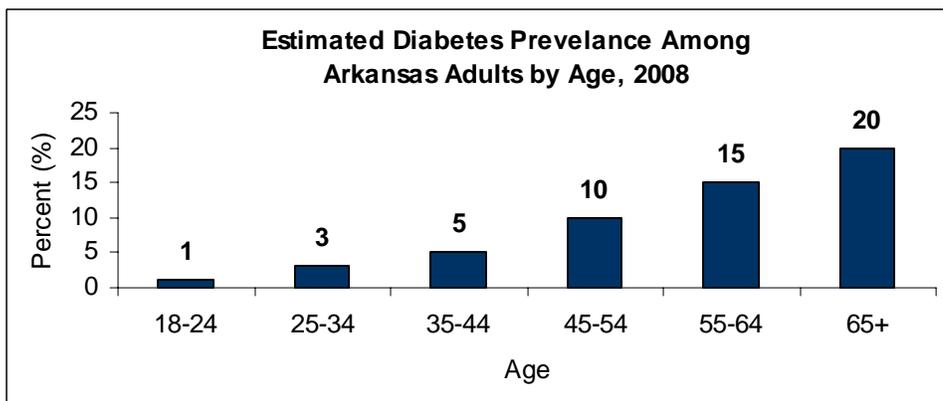


RACE/ETHNICITY

About 12% of African American adults have been diagnosed with diabetes, followed by 9% of white adults, and 6% of Hispanic adults.

AGE

Diabetes prevalence increases with age, as shown in the graph below.

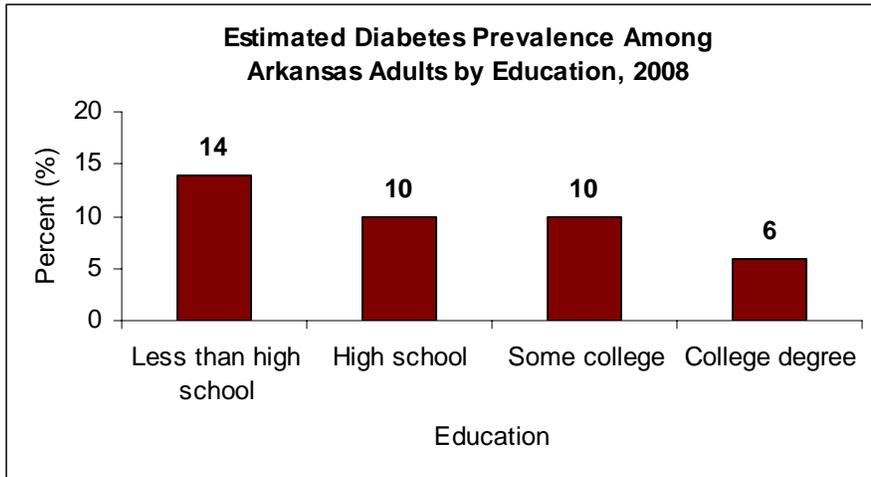


GENDER

In Arkansas, an estimated 10% of adult men have been diagnosed with diabetes. The estimated prevalence among adult women was similar at 9%.

EDUCATION

Adults with a college degree are least likely to have diabetes.



HEALTH RISK FACTORS AMONG ADULTS WITH DIABETES

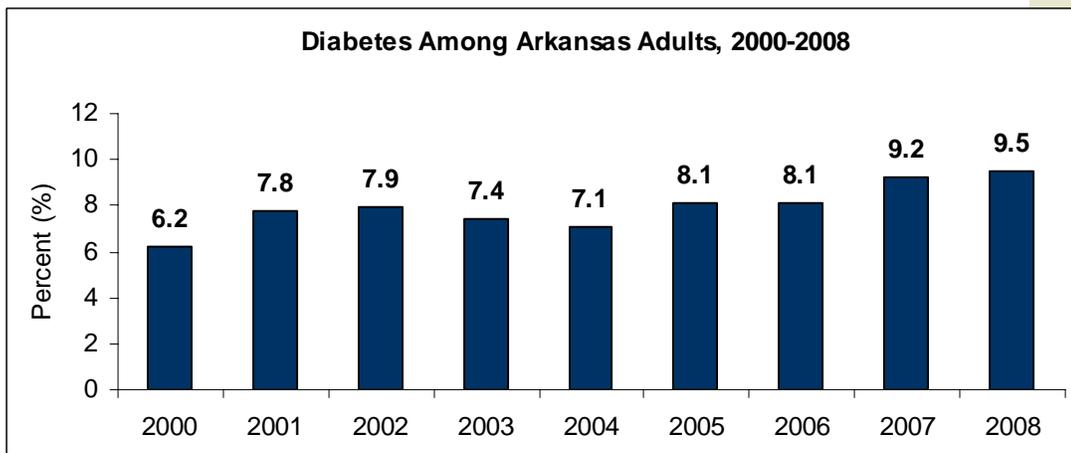
Arkansas adults with diabetes have the following health risk factors that put them at increased risk for developing complications:

- ◆ 41% do not exercise in their leisure time.
- ◆ 31% are overweight.
- ◆ 56% are obese.
- ◆ 17% smoke cigarettes.

In Arkansas, 41% of adults with diabetes do not exercise during their leisure time.

TRENDS OVER TIME

The prevalence of diabetes has increased since the year 2000, as shown in the graph below.



For more information, visit <http://brfss.arkansas.gov>