

The following summarizes the 2011 Behavioral Risk Factor Surveillance System (BRFSS) data on the prevalence of diagnosed diabetes among Connecticut adults.

### What is the prevalence of diagnosed diabetes among adults in Connecticut?

- An estimated 9.3% of Connecticut adults (about 257,000 adults) have diagnosed diabetes (includes type 1 and type 2).<sup>1</sup>
- The actual prevalence of diabetes in Connecticut may be higher because many adults are unaware that they have the condition (undiagnosed). Of the 25.8 million people in the United States with diabetes, 18.8 million have diagnosed diabetes and 7.0 million have undiagnosed diabetes.<sup>2</sup>
- Diagnosed diabetes prevalence rates by respondent characteristics are presented in Table 1.

**Table 1. Prevalence of Diagnosed Diabetes among Adults (18+ years), Connecticut, 2011**

Characteristics	Unweighted Total Number of Respondents*	Adults with Diagnosed Diabetes**		
		Unweighted Number*	Weighted Number*^	Weighted Percent (95% Confidence Interval)
<b>All Connecticut Adults</b>	6,816	753	257,039	9.3% (8.4-10.2)
<b>Gender</b>				
Male	2,611	313	131,786	9.9% (8.5-11.4)
Female	4,205	440	125,253	8.8% (7.7-9.8)
<b>Race &amp; Ethnicity†</b>				
Non-Hispanic White (White)	5,338	524	170,452	8.4% (7.5-9.3)
Non-Hispanic Black or African American (Black)	502	89	33,969	14.5% (9.9-19.2)
Hispanic or Latino (Hispanic)	547	88	38,402	12.5% (8.9-16.0)
<b>Age (in years)</b>				
18-44	1,909	60	32,188	2.6% (1.8-3.4)
45-64	2,733	276	109,320	11.2% (9.4-12.9)
65+	2,071	404	112,264	21.9% (19.5-24.4)
<b>Education</b>				
Less than High School	483	115	56,917	17.6% (13.6-21.5)
High School Graduate/G.E.D	1,667	257	89,939	11.4% (9.5-13.3)
Some College	1,567	180	63,989	8.6% (7.1-10.2)
College Graduate	3,078	199	45,788	5.1% (4.2-6.1)
<b>Annual Household Income</b>				
<\$25,000	1,285	247	86,316	16.0% (13.4-18.6)
\$25,000-49,999	1,331	154	55,314	10.8% (8.3-13.2)
\$50,000-74,000	889	87	30,606	8.5% (6.1-10.9)
\$75,000+	2,296	133	49,103	5.4% (4.2-6.5)

\*Numbers may not sum to total due to missing data; \*\*Respondents answering "yes" to the question, "Has a doctor ever told you that you have diabetes?" Women who only had diabetes during pregnancy are not considered to have diabetes. Percentages are not age-adjusted; ^Data are weighted to make the responses representative of the state's population; †Data for American Indian or Alaska Native, Asian, and Native Hawaiian or Other Pacific Islander adults are not reported due to the small number of respondents.

# Diabetes Prevalence in Connecticut, 2011

## *Diagnosed diabetes prevalence among Connecticut adults by sociodemographic characteristics*

- **Gender:** The difference in diagnosed diabetes rates by gender is not statistically significant.
- **Race and Ethnicity:** Black adults are significantly more likely to have diagnosed diabetes than White adults ( $p < 0.05$ ). The difference in the rates among Hispanic and White adults did not reach statistical significance. When the rates are adjusted to take into account that the Black and Hispanic populations are younger than the White population, both Black and Hispanic adults have significantly higher diagnosed diabetes rates compared with White adults (Black: 15.4%; Hispanic: 17.6%; White: 7.0%;  $p < 0.005$  for both comparisons). Unadjusted and age-adjusted diabetes rates among Black and Hispanic adults do not differ significantly. Connecticut-specific data for American Indian or Alaska Native, Asian, and Native Hawaiian or Other Pacific Islander adults are not reported due to the small number of respondents. Nationally, Asian American adults have higher diagnosed diabetes rates compared with White adults.<sup>2</sup>
- **Age:** The prevalence of diagnosed diabetes increases with age. The rate of diagnosed diabetes among adults 65 years of age and older is 2 times higher than the rate among 45-64 year olds and almost 8.5 times higher than the rate among 18-44 year olds ( $p < 0.001$  for both comparisons).
- **Educational Attainment:** The prevalence rates of diagnosed diabetes are significantly lower among adults with higher levels of educational attainment. For example, the rate of diagnosed diabetes among adults with less than a high school education is 3.5 times higher than the rate among adults who are college graduates ( $p < 0.001$ ).
- **Annual Household Income:** The prevalence rates of diagnosed diabetes are significantly lower among adults with higher annual household incomes. Notably, the rate of diagnosed diabetes among adults with annual household incomes less than \$25,000 is about 3 times higher than the rate among adults with annual household incomes of \$75,000 or more ( $p < 0.001$ ).

## *How can type 2 diabetes be prevented?*

- Modest weight loss (5% to 7% of body weight) and regular physical activity (at least 150 minutes each week) can help prevent or delay type 2 diabetes in people with prediabetes.
- The National Diabetes Prevention Program helps participants improve their food choices, increase physical activity, and learn coping skills to maintain weight loss and healthy lifestyle changes through classes led by trained lifestyle coaches ([www.cdc.gov/diabetes/prevention/index.htm](http://www.cdc.gov/diabetes/prevention/index.htm)).

## *What is BRFSS?*

- BRFSS is a state-based system of health surveys sponsored by Centers for Disease Control and Prevention (CDC). Respondents are randomly selected adults (aged 18 years or older who do not live in institutional settings) within randomly selected households.
- In 2011, BRFSS began including cell phone interviews and using a new weighting method. As a result, BRFSS data will better represent lower-income and minority populations, and populations with lower levels of formal education.
- For more information on BRFSS, visit [www.cdc.gov/BRFSS](http://www.cdc.gov/BRFSS) or [www.ct.gov/dph/brfss](http://www.ct.gov/dph/brfss).

## *Data sources*

1. Connecticut DPH. 2013. Connecticut BRFSS, 2011 unpublished data. Connecticut DPH, Hartford, CT.
2. CDC. 2011. National Diabetes Fact Sheet, 2011. CDC, Atlanta, GA. Available at <http://apps.nccd.cdc.gov/DDTSTRS/>.