

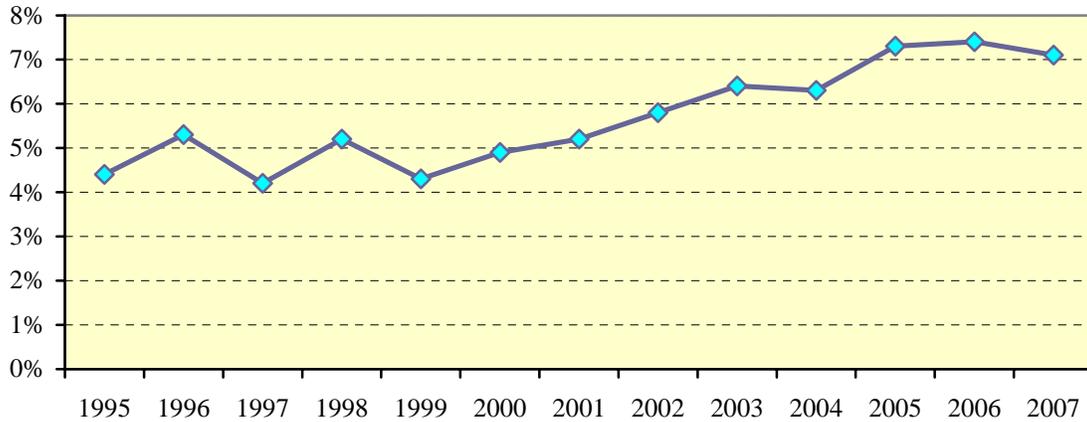


The Impact of Diabetes in Nebraska

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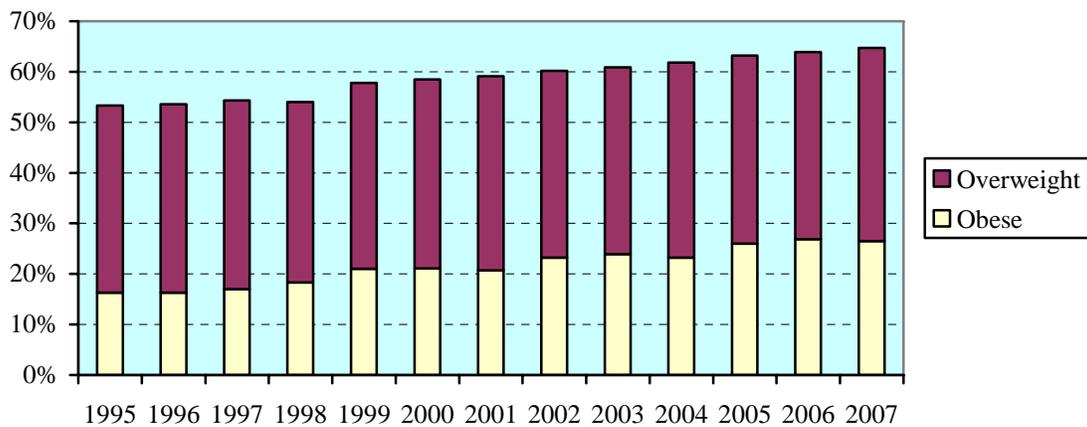
- In 2007, an estimated 7.1% of Nebraska adults (18 years of age and older) had diagnosed diabetes, which is a significant increase from the rate of 4.4% recorded just over a decade ago, in 1995. In population terms, these percentages indicate that about 98,000 Nebraska adults now have diabetes, compared to only 53,000 in 1995. There are also approximately 1,000 children and adolescents (less than 18 years of age) in Nebraska who have diabetes.

Figure 1. Percentage of Nebraska Adults with Diagnosed Diabetes, 1995-2007



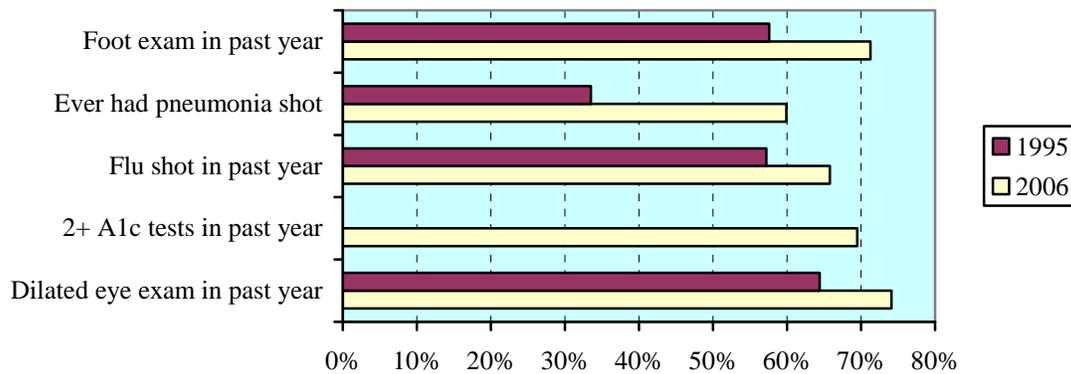
- Obesity is an important risk factor for Type II diabetes, and the most recent data show that more than one in four (26.5%) Nebraska adults are now obese. The prevalence of obesity among adults in Nebraska has more than doubled in recent years; in 1990, the rate stood at only 11.6%. With an additional 38.5% of Nebraska adults who are now overweight, this means that almost two-thirds of the state's adults are above their healthy weight, which puts them at increased risk for diabetes. Almost 90% of Nebraska adults who have diagnosed diabetes are either obese or overweight.

Figure 2. Percentage of Nebraska Adults Who Are Obese or Overweight, 1995-2007



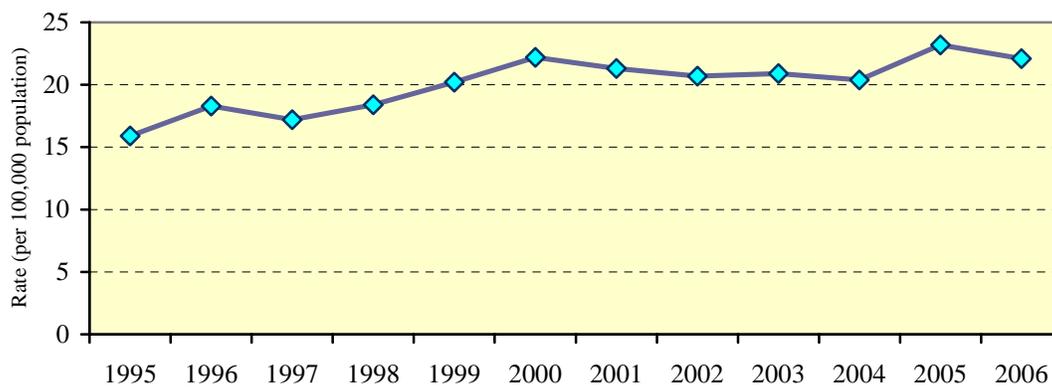
- Preventive care is essential for people with diabetes, to lower the risk of the disease's many complications. Current standards of care include two or more A1c tests per year, a one-time vaccination for pneumonia, an annual flu shot, an annual dilated eye exam, and at least one foot exam per year by a health professional. Among Nebraska adults, recent self-reported data show that, within the past year, 74% have had a dilated eye exam, 71% have had a foot exam by a health professional, almost 70% have had at least two A1c tests, and two-thirds (66%) have had a flu shot. In addition, almost 60% report that they have ever been vaccinated for pneumonia. All of these figures represent improvements over the same data collected a decade ago (except for A1c tests, for which comparable data are not available).

Figure 3. Percentage of Nebraska Adults with Diabetes Who Have Received Recommended Preventive Care, 1995 & 2006



- In 2006, diabetes was the seventh leading cause of death in Nebraska, accounting for 437 deaths. This number translates into a rate of 22.1 deaths per 100,000 population. The diabetes mortality rate in Nebraska has increased nearly 40% since 1995.

Figure 4. Diabetes Mortality Rate, Nebraska, 1995-2006



NOTES: Data used to calculate the percentages presented in Figures 1-3 were collected by the Nebraska Behavioral Risk Factor Surveillance System. In Figure 2, obesity is defined as a Body-Mass Index (BMI) value of 30 or more; overweight is defined as a BMI value between 25 and 29. Percentages presented in Figure 3 are three-year aggregates (1995=1994-6 and 2006=2005-7). Data used to calculate the rates presented in Figure 4 were collected from Nebraska death certificates, and these rates were age-adjusted to the 2000 US standard population.