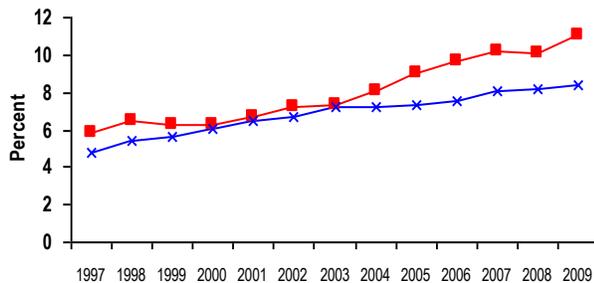


DIABETES IN OKLAHOMA

- Among adult Oklahomans (18 years and over), approximately 304,500 people (11.0%) reported being diagnosed with diabetes by health professionals in 2009. Included those undiagnosed, the total number of adults who have diabetes is about 428,900 (15.5%) in Oklahoma.
- Not-Hispanic American Indians and African Americans adults reported significantly higher prevalence of diabetes than Not-Hispanic Whites.

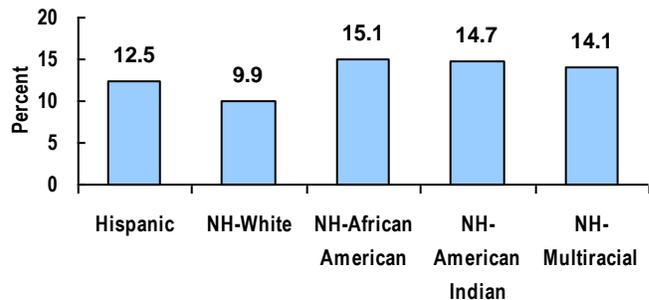
Trends of Average Prevalence of Diagnosed Diabetes in Oklahoma



Source: BRFSS.

—■— OK —×— US

Oklahoma Diagnosed Diabetes Prevalence by Races/Ethnicity

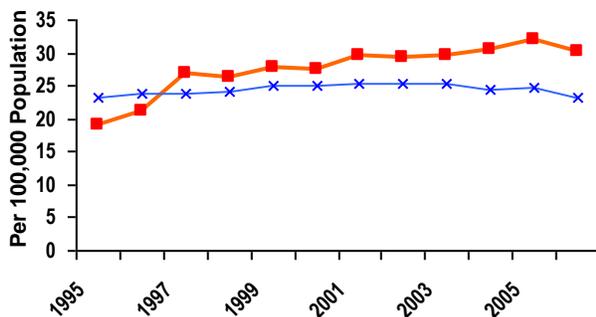


Source: 2009 Oklahoma BRFSS.

NH: Non-Hispanic.

- About one in every five Oklahoma seniors (65 years and over) have been diagnosed with diabetes.
- Oklahoma ranked the 4th highest in diabetes mortality rate in the nation for the year 2007.
- Not-Hispanic American Indians and African Americans had higher diabetes mortality rates than Not-Hispanic White.

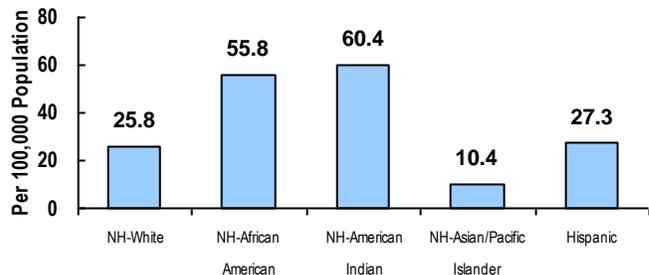
Diabetes Mortality Trends, 1995-2006



Source: CDC WONDER.

—■— OK —×— US

Oklahoma Diabetes Mortality by Races/Ethnicity



Source: 2007 Oklahoma Vital Records.

NH: Non-Hispanic.

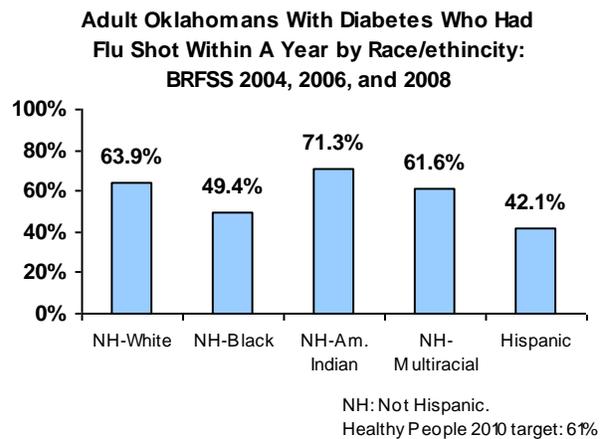
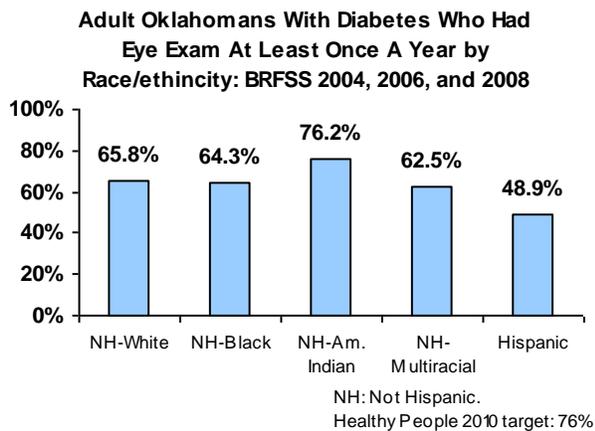
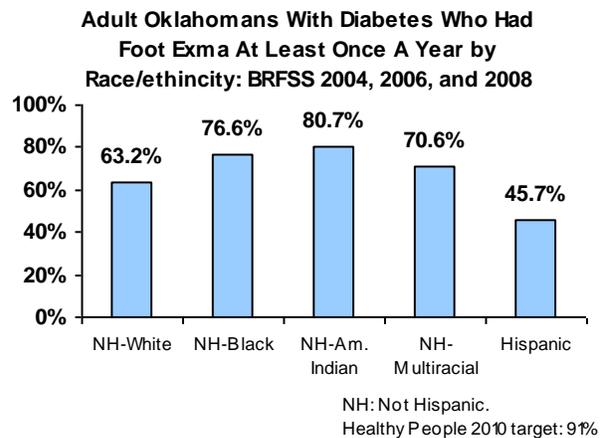
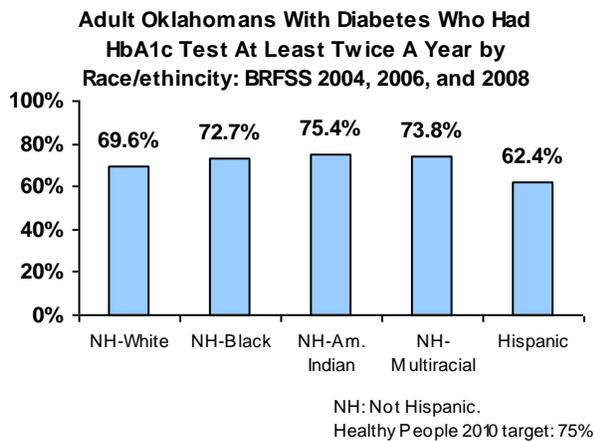
- In the year 2008, 648 (50.4%) new end stage renal disease (ESRD) cases and 1,949 (49.5%) living ESRD dialysis patients in Oklahoma had diabetes as the primary diagnoses.
- There were 7,046 hospital admissions with diabetes as a primary diagnosis in 2008, with the total charges of \$154.5 million. These numbers do not include people discharged from federal facilities.
- African Americans had much higher hospitalization rate with diabetes as the principle diagnosis.
- Although most of hospital admissions due to diabetes were residents of Oklahoma and Tulsa County, southern, and southwest of the state have higher hospitalization rates related to diabetes.
- There were 985 lower limb amputations with diabetes as one of the diagnosis among Oklahomans during 2008.

Modifiable Risk Factors for Diabetes

- 31.3% of Oklahoma adults do NOT participate in any leisure-time physical activity (2009 data), much higher than the Healthy People 2010 objective of 20%.
- 47.1% of adults in Oklahoma had 30+ minutes of moderate physical activity five or more days per week, or vigorous physical activity for 20+ minutes three or more days per week (2009 data), lower than the Healthy People 2010 objective of 50%.
- 25.8% of adults in Oklahoma had 20+ minutes of vigorous physical activity three or more days per week (2009 data), lower than the Healthy People 2010 objective of 30%.
- The prevalence of obesity (BMI \geq 30) among Oklahoma adults was 32.0%, and there were another 35.4% of Oklahoma adults being overweight (25 \leq BMI<30) (2009 data).

Diabetes Management

- 70.2% of adults with diabetes reported have had at least two HbA1C tests during past year.
- 65.4% of adults with diabetes reported have had at least an eye exam during past year.
- 65.9% of adults with diabetes reported have had at least a foot exam during past year.
- 62.9% of adults with diabetes reported have had at least a flu shot during past year.



Information on this fact sheet was obtained on the latest available data from the Centers for Disease Control and Prevention, ESRD Network 13, Oklahoma Health Care Authority, and Oklahoma State Dept. of Health (Center for Health Statistics, Maternal and Child Health Service). For more information and comments about diabetes, please contact Chronic Disease Service at (405) 271-4072.

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