

Diabetes Management – Data Brief

2015 Vermont Behavioral Risk Factor Surveillance System (BRFSS)

Background

For those with diabetes, taking steps to manage it is extremely important to prevent or delay serious complications of the disease. As part of the Vermont Behavioral Risk Factor Surveillance System (BRFSS) survey in 2015, all respondents with diagnosed diabetes were asked a series of questions about how they managed the condition. These questions have not been asked since the 2012 BRFSS survey offering an opportunity to evaluate the change in these behaviors between 2012 and 2015.

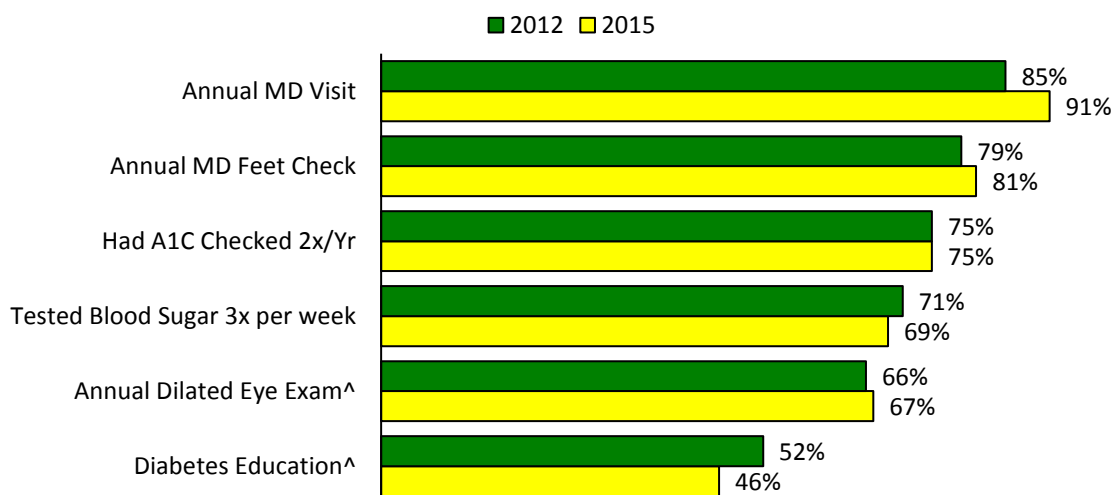
Diabetes Management Activities

Ninety-one percent of Vermont adults with diagnosed diabetes indicated that they went to a doctor for routine medical care in 2015, 81% had a physician check their feet for sores or irritations in the last year. Three-quarters (75%) of adults with diagnosed diabetes had their A1C checked at least twice a year in the previous year. Almost seven in ten adults with diagnosed diabetes checked their own blood sugar at least three times a week (69%).

Of adults diagnosed with diabetes, 67% received an annual dilated eye exam in 2015. One in five (19%) adults with diabetes had a health care provider tell them that their diabetes has affected their eyes or that they had retinopathy in 2015. Less than half of adults diagnosed with diabetes in 2015 had ever taken a course or class in how to manage their diabetes.

Overall, there were no statistically significant differences in diabetes management behaviors from 2012 to 2015. Additionally, there were no statistically significant differences in diabetes management behaviors when analyzed by sex, age, or socioeconomic status in 2015.

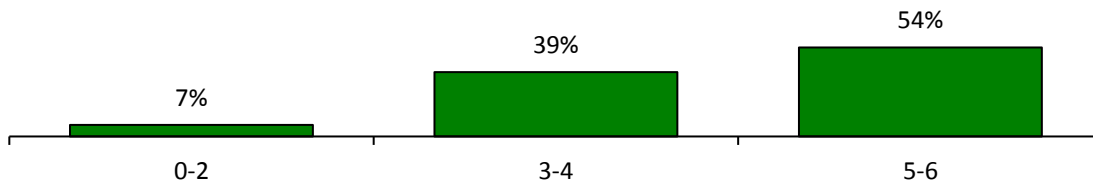
Diabetes Management Behaviors among Adults Diagnosed with Diabetes, BRFSS 2012 & 2015



[^]Age-adjusted to the U.S. 2000 population.

Almost all adults diagnosed with diabetes (99%) engaged in at least one of the six diabetes management behaviors mentioned in the previous chart. Of adults with diagnosed diabetes, 19% reported that they engaged in all the management behaviors. As shown in the chart below, most adult Vermonters diagnosed with diabetes engage in at least 5 management behaviors (54%).

Proportion of the Number of Management Behaviors Engaged In among Adults Diagnosed with Diabetes, BRFSS 2015

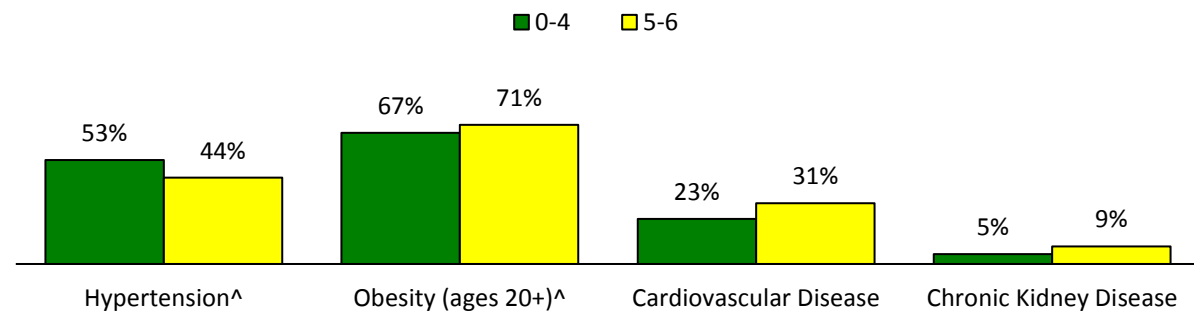


Almost four in ten (38%) adults diagnosed with diabetes reported taking insulin in 2015, approximately the same proportion (37%) took insulin in 2012.

Diabetes Management and Comorbid Chronic Conditions

The prevalence of chronic conditions such as hypertension, obesity, cardiovascular disease (CVD), and chronic kidney disease (CKD) among adults diagnosed with diabetes varied by the number of diabetes management behaviors engaged in, though these differences were not statistically significant. The prevalence of hypertension declined as adults engaged in more management behaviors. However, as adults with diabetes engaged in more management behaviors, the prevalence of obesity, CVD and CKD increased.

Prevalence of Select Comorbid Chronic Conditions among Adults with Diagnosed Diabetes by the Number of Management Behaviors Engaged in, BRFSS 2015



[^]Age-adjusted to the U.S. 2000 population.

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