

DIABETES PREVALENCE IN CONNECTICUT, 2004 – 2006

BRFSS Survey Results for Connecticut

A total of 19,764 Connecticut adults ages 18 and over responded to the 2004 through 2006 *Behavioral Risk Factor Surveillance System* (BRFSS) telephone surveys, an average of about 6,588 per year. Of those surveyed for the three-year period, 1,578 people answered, “yes”, to the question “Have you ever been told by a doctor that you have diabetes?” Percentages were weighted to Connecticut population characteristics and, based on these weights, it is estimated that 6.3% or 168,834 Connecticut adults have diagnosed diabetes. Respondent characteristics by gender, race, ethnicity, age group, educational level, income level, and county of residence are described in Table 1.

Table 1. Diabetes Prevalence, Connecticut residents, 18 and over – 2004 to 2006

| | <i>Have you ever been told by a doctor that you have diabetes?</i> | | | |
|--------------------------------|--|---------------------|---|-------------------------|
| | | Yes | | |
| | Total Number of Respondents ¹ | Number ² | Estimated Weighted Percentage of the CT population ³ | C.I. (95%) ⁴ |
| TOTAL | 19,764 | 1,578 | 6.3 | 5.9-6.7 |
| GENDER | | | | |
| Male | 7,596 | 655 | 6.4 | 5.8-7.0 |
| Female | 11,850 | 904 | 6.3 | 5.8-6.8 |
| RACE | | | | |
| White, Non Hispanic | 15,934 | 1,146 | 6.0 | 5.6-6.4 |
| African American, Non-Hispanic | 1,206 | 173 | 11.3 | 9.2-13.9 |
| Other Non-Hispanic | 650 | 40 | 4.4 | 2.8-6.7 |
| Hispanic | 1,418 | 167 | 7.0 | 5.7-8.5 |
| AGE | | | | |
| 18-44 | 6,870 | 176 | 2.1 | 1.7-2.5 |
| 45-54 | 4,126 | 257 | 5.7 | 4.9-6.7 |
| 55-64 | 3,441 | 406 | 11.2 | 10.0-12.6 |
| 65+ | 5,009 | 720 | 14.2 | 13.1-15.4 |
| EDUCATION | | | | |
| Less than high school | 1,471 | 268 | 12.5 | 10.7-14.7 |
| High School or GED | 5,043 | 517 | 8.0 | 7.1-8.9 |
| Some post-high school | 4,514 | 366 | 6.3 | 5.6-7.1 |
| College graduate | 8,372 | 402 | 4.3 | 3.8-4.8 |
| HOUSEHOLD INCOME | | | | |
| <\$25,000 | 3,433 | 485 | 11.3 | 10.1-12.7 |
| \$25,000 - \$34,999 | 1,742 | 199 | 9.2 | 7.7-10.8 |
| \$35,000 - \$49,999 | 2,344 | 165 | 6.7 | 5.6-8.0 |
| \$50,000 - \$74,999 | 2,857 | 171 | 5.4 | 4.5-6.5 |
| \$75,000+ | 6,140 | 251 | 3.6 | 3.1-4.2 |
| COUNTY | | | | |
| Fairfield | 5,149 | 357 | 5.5 | 4.8-6.3 |
| Hartford | 4,381 | 374 | 6.4 | 5.7-7.2 |
| Litchfield | 924 | 59 | 5.7 | 4.3-7.5 |
| Middlesex | 889 | 64 | 6.2 | 4.6-8.1 |
| New Haven | 4,514 | 414 | 7.4 | 6.6-8.4 |
| New London | 1,441 | 119 | 6.4 | 5.2-7.9 |
| Tolland | 806 | 56 | 4.8 | 3.5-6.6 |
| Windham | 678 | 70 | 8.1 | 6.1-10.8 |

1. The total number of Connecticut respondents surveyed for the BRFSS in 2004, 2005, and 2006.

2. The number of Connecticut respondents who answered “yes” to “Have you ever been told by a doctor that you have diabetes?”

3. The estimated percentage of the Connecticut population with diabetes.

4. The confidence interval indicates the range of the estimate at a 95% level of probability.



Keeping Connecticut Healthy

M. Jodi Rell, Governor
J. Robert Galvin, MD, MPH, Commissioner

Gender

An estimated 6.4% of adult males and 6.3% of adult females in Connecticut have diagnosed diabetes. The difference in these rates by gender is not statistically significant.

Race/Ethnicity

African American adults in Connecticut are significantly more likely than white adults (11.3% vs. 6.0%, $p \leq .05$) and Hispanic adults (11.3% vs. 7.0%, $p \leq .05$) to report that they have diabetes. Estimated diabetes prevalence rates for Hispanic and white adults are not significantly different.

Age

Diabetes prevalence increases with age. About 14.2% of Connecticut adults aged 65 and over are estimated to have diagnosed diabetes, compared with 11.2% of adults aged 55-64 ($p \leq .05$), 5.7% of adults aged 45-54 ($p \leq .05$), and 2.1% of adults aged 18-44 ($p \leq .05$).

Education

Diabetes prevalence rates tend to be higher among Connecticut residents with lower levels of education; for example, about 12.5% of adults with less than a high school education have diabetes compared with 8.0% of adults with high school education or GED ($p \leq .05$), 6.3% of adults with some post-high school education ($p \leq .05$), and 4.3% of adults with a college education ($p \leq .05$).

Household Income

Diabetes prevalence rates are higher among Connecticut adults with lower levels of income; for example, among those with household incomes under \$25,000 per year, diabetes prevalence rates are estimated at 11.3%, while only 3.6% of adults with household incomes over \$75,000 are estimated to have diabetes ($p \leq .05$).

Connecticut County

Approximately 6.3% of Connecticut residents have diagnosed diabetes, and estimated diabetes prevalence rates differ somewhat by Connecticut County of residence, however, none of these rates are significantly different from the state prevalence rate.

The Behavioral Risk Factor Surveillance System (BRFSS) survey is a state-based system of health surveys that generate information about health risk behaviors, clinical preventive practices, and health care access and use. The BRFSS, sponsored by the Centers for Disease Control and Prevention, is the world's largest telephone survey, and is conducted in all 50 states. It is an on-going random sample telephone survey of non-institutionalized adults, 18 years and older. Information from the survey is used to improve the health of people nationwide and in Connecticut. Other national and state-specific risk factor data and information regarding BRFSS methodology can be accessed on the CDC's BRFSS Web site at: <http://www.cdc.gov/brfss/>

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December, 2007