



# Diabetes in New Hampshire

## Issue Brief – June 2004

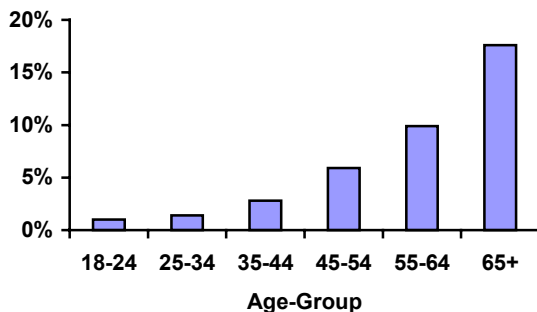


Diabetes is the sixth leading cause of death in New Hampshire. Diabetes is also a leading cause of blindness, kidney failure, and lower limb amputation. With funding from the federal government, New Hampshire's Diabetes Education Program works to prevent and control diabetes throughout the state. As part of that effort, information is collected on diabetes in New Hampshire. Currently available data were recently published in *New Hampshire Diabetes Data, 2003*. This Issue Brief summarizes the main findings of that report.

### HOW MANY PEOPLE HAVE DIABETES?

In 2002, 6.2% of adults in New Hampshire reported having been diagnosed with diabetes. This represented approximately 58,000 adults with diabetes in the state. This likely is an underestimate since it only counts adults who have been diagnosed with the disease. It is estimated that up to a third of persons with diabetes are unaware they have the disease.

Diabetes by Age-Group--NH, 2002



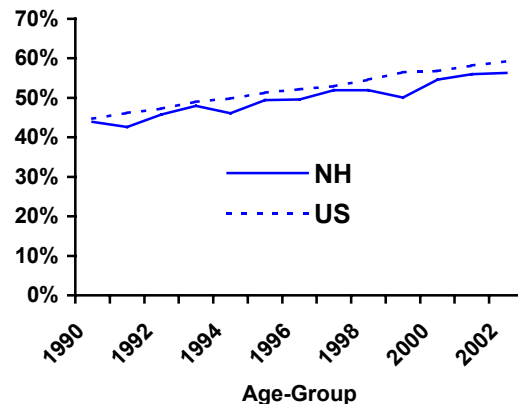
Diabetes becomes more common as people grow older. In New Hampshire, diabetes prevalence increased from 1% among persons 18-24 years of age to 18% among persons 65 years of age or older.

### WHAT ARE THE RISK FACTORS FOR DIABETES?

The three main risk factors for diabetes are age, weight, and physical inactivity. We can't change how old we are, but we can help prevent the onset of diabetes by maintaining an appropriate body weight and by obtaining an adequate amount of exercise.

Data indicate that the proportion of adults in New Hampshire who are overweight has increased from 44% in 1990 to 56% in 2002. This trend is similar to what has been reported nationally.

Overweight Among Adults NH and US, 1990-2002



Contributing to the increase in overweight is the fact that many residents of New Hampshire have a sedentary lifestyle. The proportion of adults who reported no leisure-time physical activity in the past month was 20% in 2002.

## WHAT ARE THE COMPLICATIONS OF DIABETES?

In 2001, there were 15,163 hospitalizations in the state among persons with diabetes. In the same year there were 82 persons with diabetes that had kidney failure and 243 who had a lower extremity amputation. Overall, diabetes was the sixth leading cause of death in New Hampshire.

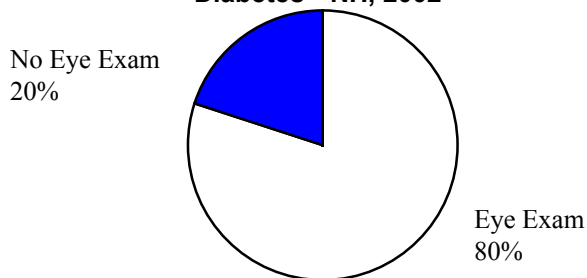
## CAN THE COMPLICATIONS OF DIABETES BE PREVENTED?

Complications of diabetes can be prevented through proper care. Persons with diabetes should receive a number of clinical preventive services.

To prevent respiratory infections, it is recommended that persons with diabetes receive the flu and pneumonia vaccines. In 2002, 68% of adults with diabetes in New Hampshire received a flu shot. Fifty-eight percent of adults with diabetes reported having received the pneumonia vaccine.

To prevent blindness, persons with diabetes should have an annual dilated eye examination. In 2002, 80% of adults with diabetes in New Hampshire reported having received an eye exam in the past year.

**Eye Exams in Persons with Diabetes --NH, 2002**



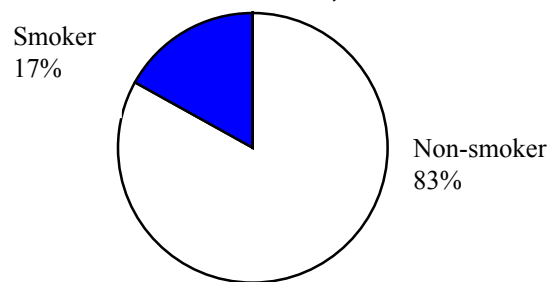
To monitor long-term control of blood sugar, persons with diabetes should be tested for glycosylated hemoglobin, also called Hemoglobin A1c. In 2002, 92% of adults with diabetes in New Hampshire had been tested for glycosylated hemoglobin in the past year.

To prevent infections, it is recommended that persons with diabetes have at least an annual foot exam. In 2002, 78% of adults with diabetes in New Hampshire reported having had at least one foot examination in the past year.

## WHAT OTHER MEDICAL PROBLEMS ARE OF CONCERN TO PERSONS WITH DIABETES?

Persons with diabetes are more likely to have risk factors for heart disease. In 2001, 64% of adults with diabetes in New Hampshire reported a history of hypertension and 57% reported elevated cholesterol. Controlling hypertension, and cholesterol and not smoking are three ways that people with diabetes can avoid heart disease. In 2002, 17% of adults with diabetes were smokers.

**Smoking Among Persons with Diabetes --NH, 2002**



## WHERE CAN I GET MORE INFORMATION?

For more information on the data presented here or to receive a copy of the full report, contact the New Hampshire Diabetes Education Program at (800) 852-3345 ext. 5173 (within New Hampshire) or (603) 271-5173. The report is also available at the department's website: <http://www.dhhs.nh.gov/DHHS/DEP/>