

DIABETES PREVALENCE IN CONNECTICUT, 2003 - 2005

BRFSS Survey Results for Connecticut

A total of 16,588 Connecticut adults ages 18 and over responded to the 2003 through 2005 *Behavioral Risk Factor Surveillance System* (BRFSS) telephone surveys, an average of about 5,529 per year. Of those surveyed for the three-year period, 1,177 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 6.2% or 162,971 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 – 2003 to 2005

	<i>Have you ever been told by a doctor that you have diabetes?</i>			
		Yes		
	Total Number of Respondents ¹	Number ²	Estimated Percentage of the CT population ³	C.I. (95%) ⁴
TOTAL	16,588	1,177	6.2	5.7 – 6.6
GENDER				
Male	6,522	514	6.5	5.9 – 7.1
Female	10,066	663	5.9	5.4 – 6.4
RACE				
White, Non Hispanic	13,892	907	5.9	5.5 – 6.3
African American, Non-Hispanic	913	105	9.8	7.5 – 12.1
Other Non-Hispanic	523	30	5.0	2.9 – 7.1
Hispanic	1,056	110	6.4	4.9 – 7.9
AGE				
18-44	6,393	154	2.1	1.7 – 2.5
45-54	3,490	210	5.9	5.0 – 6.8
55-64	2,675	270	10.3	8.9 – 11.7
65+	3,761	529	14.1	13.5 – 16.1
EDUCATION				
Less than high school	1,186	180	11.4	9.4 – 13.4
High School or GED	4,273	399	8.1	7.2 – 9.0
Some post-high school	3,863	279	6.2	5.4 – 7.0
College graduate	7,221	314	4.0	3.5 – 4.5
HOUSEHOLD INCOME				
<\$15,000	991	159	13.1	10.7 – 15.5
\$15,000 - \$24,999	1,798	188	9.8	8.2 – 11.5
\$25,000 - \$34,999	1,462	146	8.6	7.0 – 10.2
\$35,000 - \$49,000	2,099	153	7.5	6.2 – 8.8
\$50,000 +	7,759	312	3.7	3.2 – 4.2
COUNTY				
Fairfield	4,019	244	5.1	4.3 – 5.9
Hartford	3,808	300	6.3	5.5 – 7.1
Litchfield	841	55	6.2	4.4 – 8.0
Middlesex	807	53	5.5	3.8 – 7.2
New Haven	3,700	291	7.5	6.5 – 8.5
New London	1,345	105	6.7	5.2 – 8.2
Tolland	694	34	3.1	1.9 – 4.3
Windham	618	55	8.7	6.1 – 11.3

1. The total number of Connecticut respondents surveyed for the BRFSS in 2003, 2004, and 2005.

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 6.5% of Connecticut adult males have diagnosed diabetes compared with 5.9% of Connecticut adult females. The difference in these rates, however, is not statistically significant at the 95% confidence level.

Race/Ethnicity

African American adults in Connecticut are significantly more likely than white adults to report that they have diabetes (9.8% vs. 5.9%, $p < .01$). Estimated diabetes prevalence rates for Hispanics when compared to white and African American adults (6.4% vs. 5.9%; 6.4% vs. 9.8%) are not significantly different at the 95% confidence level.

Age

Diabetes prevalence increases with age. About 14% of Connecticut adults aged 65 and over are estimated to have diagnosed diabetes compared with 10.3% of adults aged 55-64 ($p < .01$), 5.9% of adults aged 45-54 ($p < .001$), and 2.1% of adults aged 18-44 ($p < .001$).

Education

Diabetes prevalence rates tend to be higher among Connecticut residents with lower levels of education; for example, about 11.4% of adults with less than a high school education have diabetes compared with 8.1% of adults with high school education or GED ($p < .05$), 6.2% of adults with some post-high school education ($p < .001$), and 4.0% of adults with a college education ($p < .001$).

Household Income

Diabetes prevalence rates are higher among Connecticut adults with lower levels of income; for example, among those with household incomes under \$15,000 per year, diabetes prevalence rates are estimated at 13.1%. While this was not significantly different from those in the \$15-24.9K household income bracket, those with household incomes $< \$15K$ were significantly different from those in the \$25-34.9K ($p < .05$), \$35 – 49.9K ($p < .005$) and the \$50+K ($p < .001$) income brackets.

Connecticut County

Approximately 6.2% of Connecticut residents have diagnosed diabetes, and diabetes prevalence rates differ somewhat by Connecticut county of residence. The prevalence rate for Tolland County, estimated at 3.1%, is significantly lower than the overall state rate ($p < .05$). Prevalence rates for the remaining seven counties do not differ significantly from the overall 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/>

Prepared by
Health Information Systems & Reporting Section
Planning Branch
Connecticut Department of Public Health
Hartford, Connecticut
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