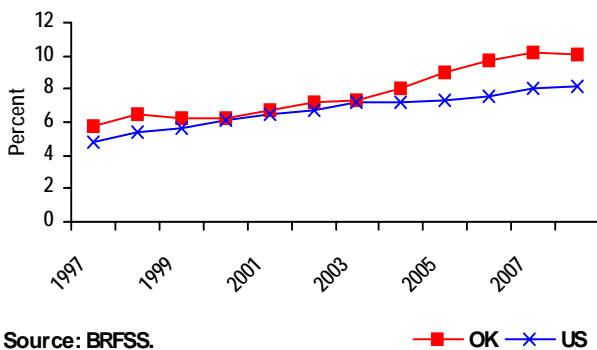


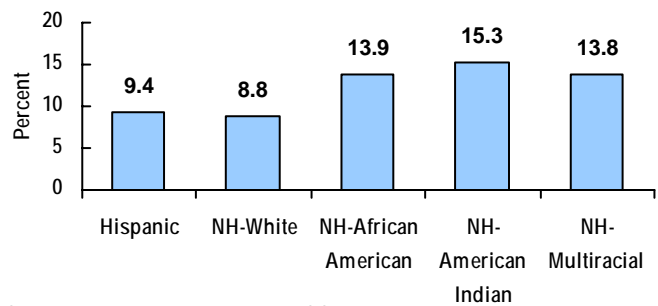
Diabetes in Oklahoma

- Among adult Oklahomans (18 years and over), approximately 276,500 people (10.1%) reported being diagnosed with diabetes by health professionals in 2008. Included those undiagnosed, the total number of adults who have diabetes is about 389,500 (14.2%) in Oklahoma.
- In Not-Hispanic adults, American Indians, African Americans, and Multiracial groups reported higher prevalence of diabetes than Whites.
-
- About one in every five Oklahoma seniors (65 years and over) have been diagnosed with diabetes.

Trends of Average Prevalence of Diagnosed Diabetes in Oklahoma

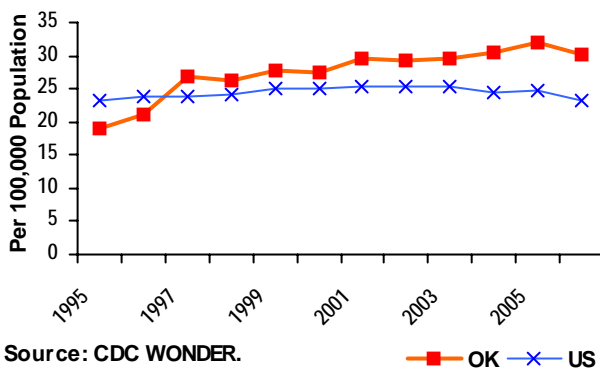


Oklahoma Diagnosed Diabetes Prevalence by Races/Ethnicity

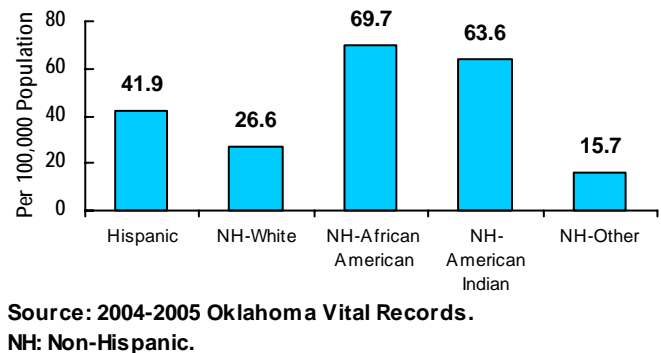


- Oklahoma ranked the 5th highest in diabetes mortality rate in the nation for the year 2006.
- Minority population had higher diabetes mortality rates than Not-Hispanic White.

Diabetes Mortality Trends, 1995-2006



Oklahoma Diabetes Mortality by Races/Ethnicity



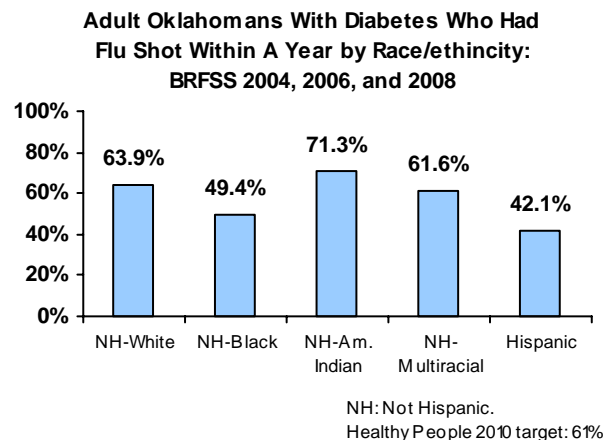
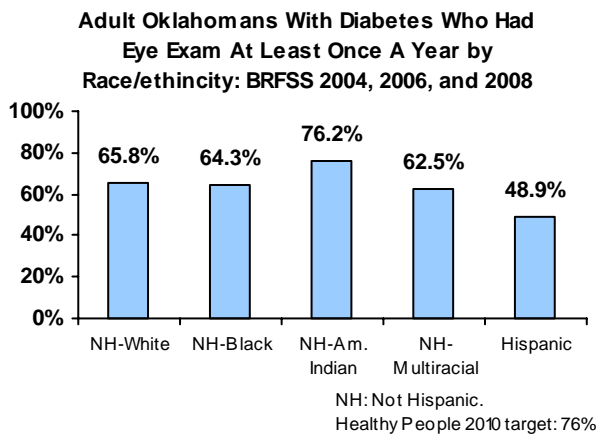
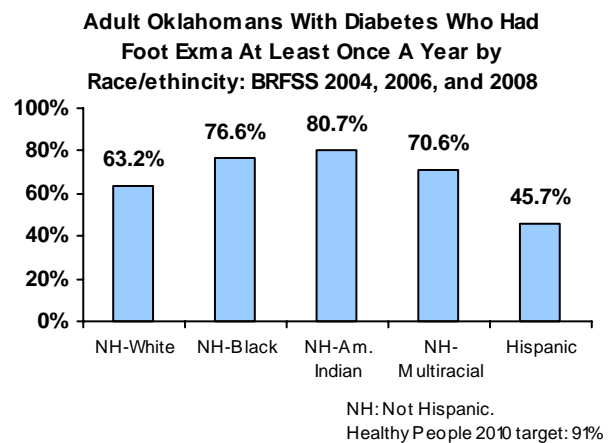
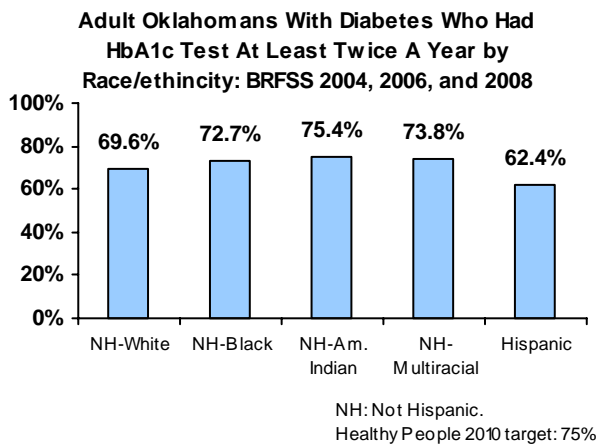
- In the year 2007, 611 (49.4%) new end stage renal disease (ESRD) cases and 1,832 (48.3%) living ESRD dialysis patients in Oklahoma had diabetes as the primary diagnoses.
- There were 6,515 hospital admissions with diabetes as a primary diagnosis in 2007, with the total charges of \$126.1 million. These numbers do not include people discharged from federal facilities.
- African Americans had much higher hospitalization rate with diabetes as the principle diagnosis than other racial groups.
- Although most of hospital admission cases 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 926 cases of lower limb amputations among Oklahomans with diabetes during 2007.

Modifiable Risk Factors for Diabetes

- 31.4% of Oklahoma adults do not participate in any leisure-time physical activity, much higher than the Healthy People 2010 objective of 20%.
- 45.5% 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, lower than the Healthy People 2010 objective of 50%.
- 24.9% of adults in Oklahoma had 20+ minutes of vigorous physical activity three or more days per week, lower than the Healthy People 2010 objective of 30%.
- The prevalence of obesity (BMI \geq 30) among Oklahoma adults was 30.9%, and there were another 35.5% of Oklahoma adults being overweight (25 \leq BMI<30).

Diabetes Management

- 70.5% of adults with diabetes reported have had at least two HbA1C tests during past year.
- 65.9% of adults with diabetes reported have had at least an eye exam during past year.
- 66.6% of adults with diabetes reported have had at least a foot exam during past year.
- 62.1% 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.

Last Updated Aug 2009

