

# Utah Health Status Update:

## Diabetes in Utah

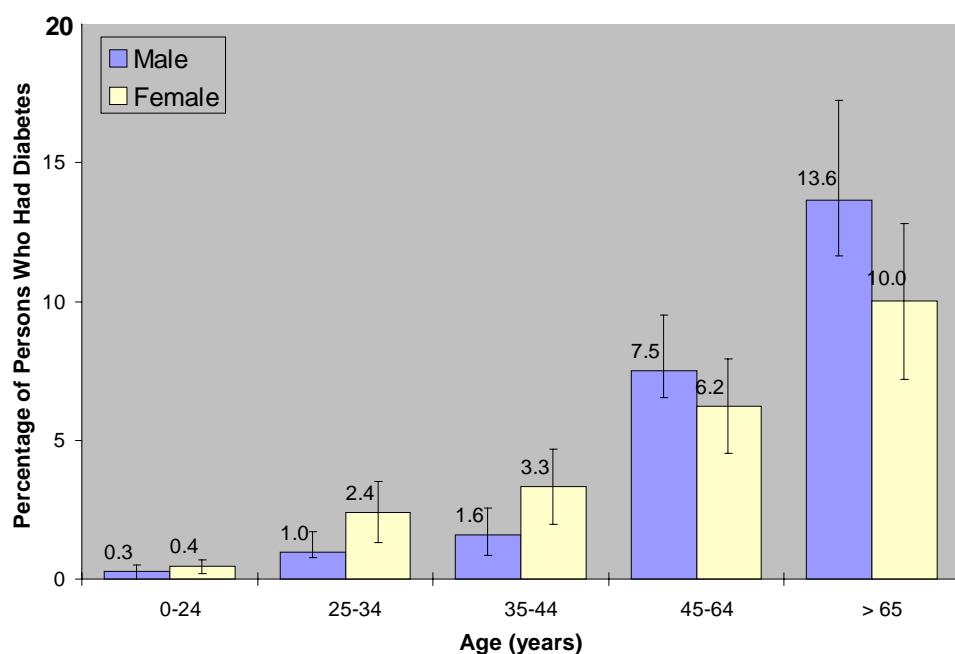
December 1998

Utah Department of Health

Diabetes is an important cause of disability and death, and results in substantial health care expenditures. It is the leading cause of adult blindness, non-traumatic lower extremity amputation, and end-stage renal disease. Diabetes is also a condition for which appropriate medical care and patient self-management training can substantially improve health outcomes. Research shows that keeping blood glucose levels as close to normal as possible can prevent and reduce complications such as eye, kidney, and nerve damage by approximately 60%. Regular foot exams and annual retinal exams, when coupled with appropriate treatment, can prevent 50% of amputations and up to 90% of new cases of blindness. This health status update reviews available data on diabetes in Utah.

### Diabetes Prevalence

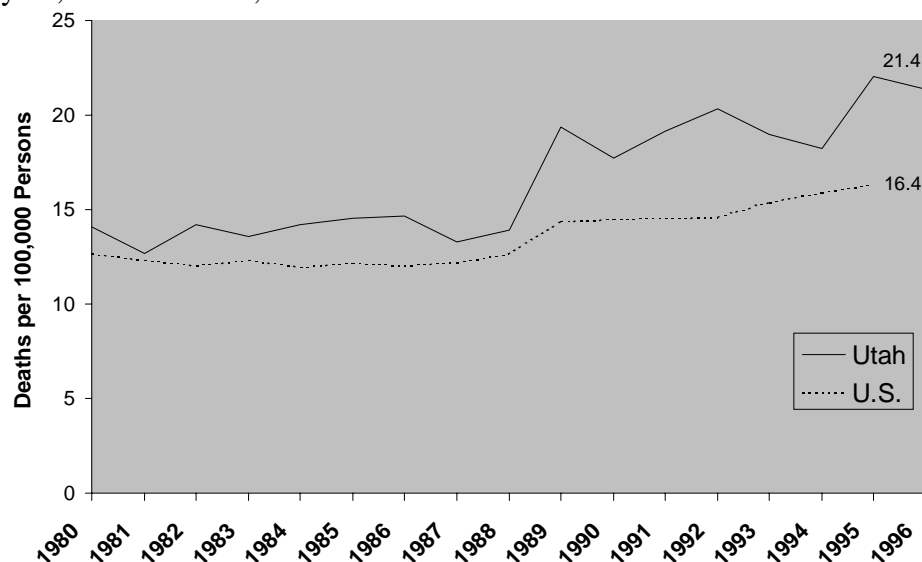
Percentage of Utahns with diagnosed diabetes by age and sex, 1996.



- In 1996, 57,900 Utahns (2.9%) reported they had diabetes. As many as half of all people with diabetes are believed to be undiagnosed, so the actual number may be over 100,000.
- Reported prevalence was higher for Hispanic (5.4%) and American Indian (6.3%) persons.
- Of persons with diabetes, 5% were < age 25, 21% age 25-44, 40% age 45-64, and 33% age 65 or over.

### Diabetes Deaths

Deaths where diabetes is underlying cause per 100,000 persons per year, Utah and U.S., 1980-1996.



Note: Age-adjusted to Utah 2000 population, ICD-9 codes 250  
Sources: Population Data - Utah Governor's Office of Planning and Budget; Utah death data - UDOH, Bureau of Vital Records; U.S. data - CDC Wonder

- In 1996, 420 Utahns died with diabetes listed as the underlying cause; an additional 558 people died with diabetes as a contributing cause.
- Death rates from diabetes have increased over the past decade; at least part of the increase was due to a death certificate change that resulted in more complete identification of diabetes deaths.
- Diabetes is one of very few causes of death for which Utah's death rates are higher than elsewhere in the U.S.

### Diabetes Hospitalizations

Hospital discharges with diabetes listed as a primary or contributory diagnosis according to the first listed diagnosis.

	Discharges	Total Charges (\$1,000)
<b>Diabetes as Primary Diagnosis</b>	<b>1,589</b>	<b>\$ 11,622</b>
Ketoacidosis or coma	545	\$ 2,824
Peripheral circulatory complications	204	\$ 2,346
Neurological complications	171	\$ 1,295
Renal complications	143	\$ 2,918
Other and unspecified	526	\$ 2,239
<b>Diabetes as Contributing Diagnosis</b>	<b>11,717</b>	<b>\$ 127,774</b>
Heart disease	2,989	\$ 43,921
Digestive disease	1,125	\$ 10,238
Respiratory disease	1,095	\$ 12,068
Injury and poisoning	1,035	\$ 11,014
Cerebrovascular disease	629	\$ 4,966
Genitourinary disease	624	\$ 3,677
Other	4,220	\$ 41,890

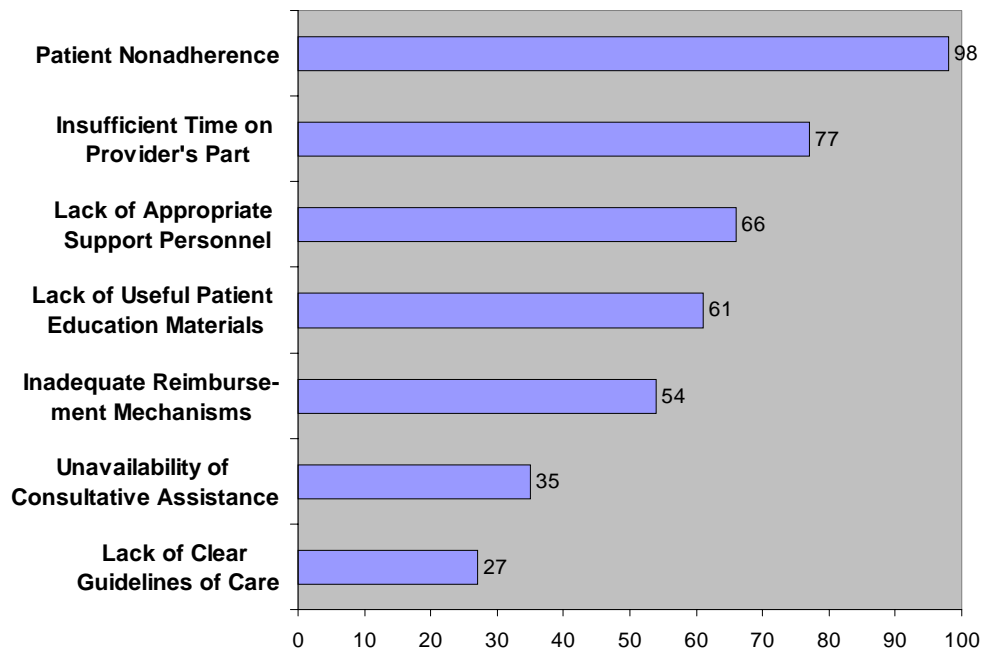
- In 1996, 13,306 hospitalizations for diabetes occurred, resulting in nearly \$140 million in hospital charges alone.

The Utah Diabetes Control Program surveyed 497 primary care providers caring for persons with diabetes in 1996, and a population-based sample of 239 persons with diabetes in 1997. Some highlights of those surveys were:

- Of persons with diabetes surveyed, 84% had Type 2 and 16% Type 1; 47% use insulin; 35% had known they had diabetes for <5 years, 26% for 5-9 years, 23% for 10-19 years, and 15% for  $\geq 20$  years.
- 6% of persons with diabetes had no health insurance.
- Of primary care providers, 67% reported they see Type 1 patients  $\geq 4$  times a year, and 84% reported they see Type 2 patients  $\geq 2$  times a year. In contrast, only 24% of Type 1 patients and 69% of Type 2 patients reported receiving such frequent care.
- In other areas, patients and providers more closely agreed:
  - 71% of patients reported a dilated eye exam in the past year
  - 56% reported a foot exam at their last visit
  - 90% of Type 1 and 58% of Type 2 patients knew about HgbA1c testing (when it was described); about 60% of those who knew about HgbA1c reported 2 or more tests in the past year
  - 72% had a urinalysis in the past year
  - 40% received diabetes education from a provider in the past year
  - Of providers, 95% prescribe blood glucose self monitoring for Type 1 and 83% for Type 2 patients.
  - Only 78% of Type 1 and 49% of Type 2 patients report checking blood glucose daily; 16% of both groups check it monthly or never.

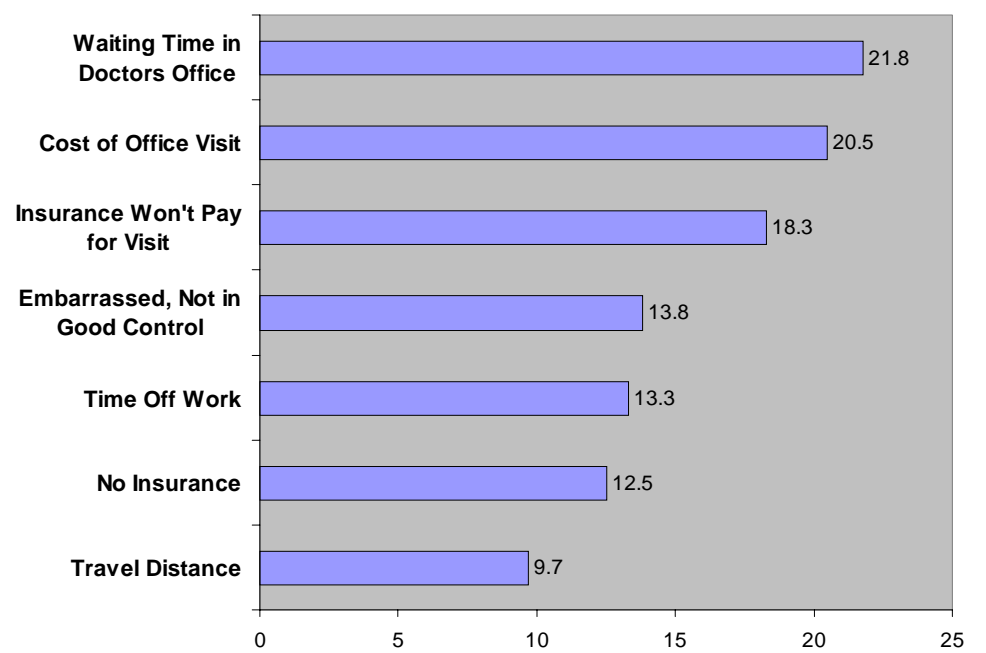
## Provider's Barriers

Percentage of primary care providers (n = 497) who reported selected barriers to providing diabetes care, Utah 1996.



## Patient's Barriers

Percentage of Utahns with diabetes (n = 239) who reported selected barriers to seeing a doctor as needed, Utah 1997.



## December Utah Health Status Update

Additional information about this topic is available from the Diabetes Control Program, Utah Department of Health, P O Box 142107, Salt Lake City, Utah 84114-2107, (801) 538-6141, or email: [vbenner@doh.state.ut.us](mailto:vbenner@doh.state.ut.us); or from the Office of Public Health Data, Utah Department of Health, P O Box 142101, Salt Lake City, Utah 84114-2101, (801) 538-6108, FAX (801) 536-0947, or email: [phdata@doh.state.ut.us](mailto:phdata@doh.state.ut.us). Please send any comments on this report to the Office of Public Health Data.



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