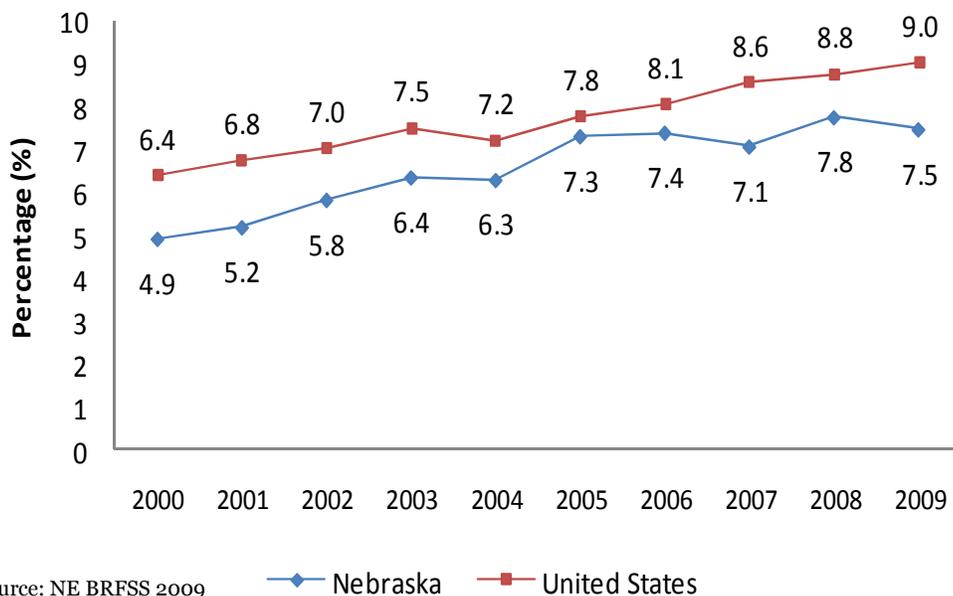


Diabetes among Nebraska adults, 2009

Figure 1: Percentage of Nebraska adults who have ever been diagnosed with diabetes, by year, 2000-2009



2009 Nebraska BRFSS Quick Facts:

- Nearly 1 in 10 adults reported ever being diagnosed with diabetes.
- The percentage of adults who reported ever being diagnosed with diabetes has increased since 2000.
- Adults who are obese were more likely to report ever being diagnosed with diabetes than adults who are normal weight or overweight.

Source: NE BRFSS 2009

◆ Nebraska ■ United States

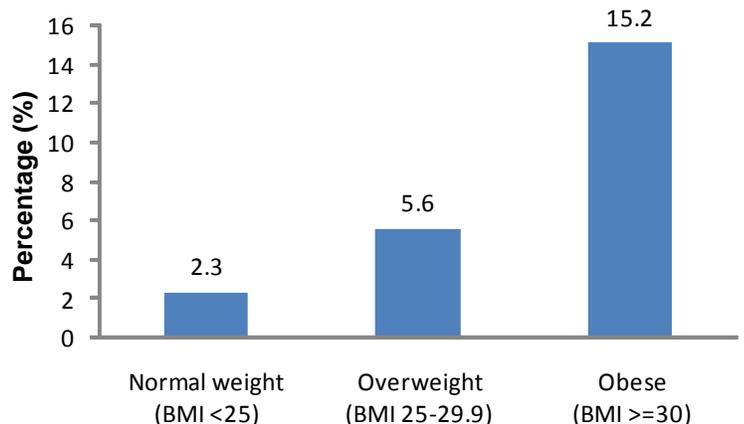
Definitions

Diabetes is a chronic disease marked by elevated blood sugar levels caused by the body not producing or properly using insulin. Insulin helps glucose (sugar) leave the blood and enter the body's cells.

Type 1 diabetes occurs when the body does not produce insulin and is unable to provide the cells with the glucose they need to generate energy. *About 5-10% of people with diabetes have type 1 diabetes.*

Type 2 diabetes develops when the body either does not make enough insulin or does not efficiently use the insulin to stay alive. *About 90-95% of people with diabetes have type 2 diabetes.*

Figure 2: Percentage of Nebraska adults who have ever been diagnosed with diabetes, by weight status*, 2009



Source: NE BRFSS 2009

*Note: body mass index (BMI) is weight in kg / height in m²

Nebraska Behavioral Risk Factor Surveillance System

Risk Factors for Diabetes

- ◆ Family history of diabetes
- ◆ History of gestational diabetes or giving birth to at least one baby weighing 9 lbs or more
- ◆ African American, Hispanic/Latino, American Indian, Native Hawaiian, or Pacific Islander heritage
- ◆ Physical inactivity
- ◆ High blood pressure
- ◆ Being overweight or obese
- ◆ Being age 45 years or older
- ◆ Impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- ◆ Low HDL cholesterol or high triglycerides

Symptoms of Diabetes

Frequent urination ▪ Excessive thirst ▪ Unexplained weight loss ▪
Extreme hunger ▪ Extreme tiredness ▪ Irritability

Often, people with type 2 diabetes have no symptoms

Health Complications of Diabetes

Eye problems ▪ Nerve damage ▪ Foot problems ▪ Dental problems ▪
Kidney disease ▪ Cardiovascular disease

The onset of type 2 diabetes can be prevented or delayed through a healthy lifestyle: improve your diet, increase your level of physical activity, and maintain a healthy weight!



For more information on how to prevent diabetes, visit:
www.diabetes.org



For more information about diabetes prevention and control, contact:

Diabetes Prevention and Control Program
301 Centennial Mall South, P.O. Box 95026
Lincoln, NE 68509-5026
Phone: 402-471-4411
Fax: 402-471-6446
Website: www.dhhs.ne.gov/diabetes



About the Nebraska Behavioral Risk Factor Surveillance System

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from approximately 16,000 landline telephone BRFSS surveys conducted in Nebraska in 2009. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups.

To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: <http://www.dhhs.ne.gov/brfss>