Home Run Slides: Prediabetes Prevalence among High-Risk Groups in Maine
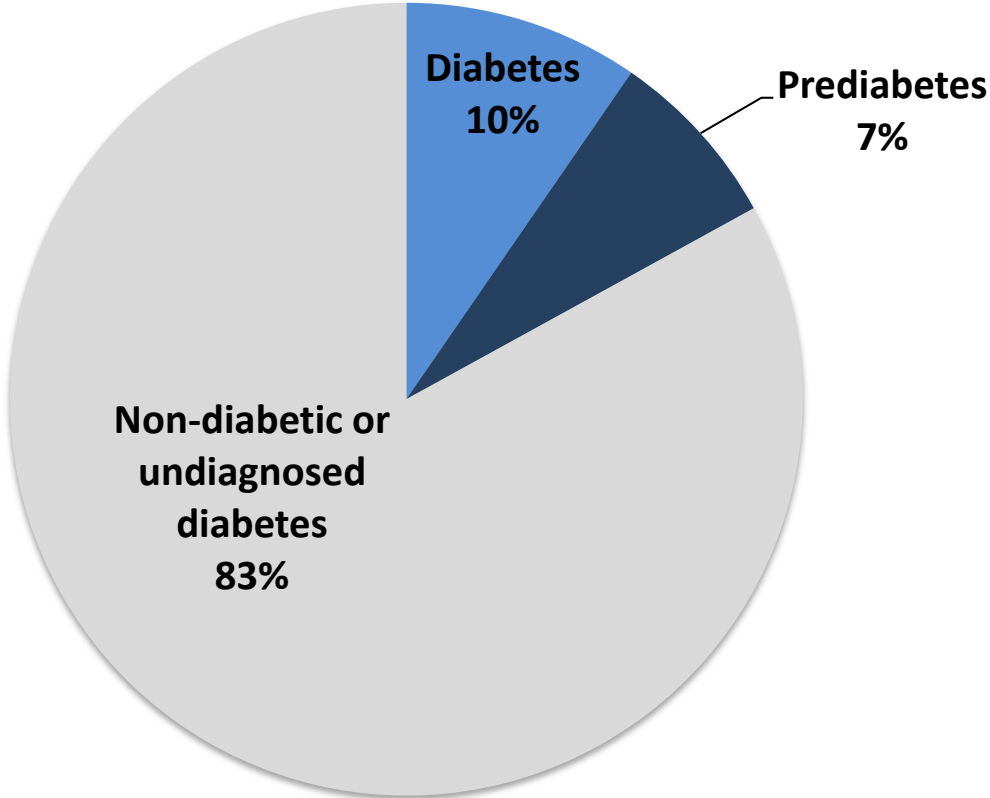
Updated: 10/18/2017

Prevalence of Prediabetes and Diabetes in Maine

Diabetes 10%

Prediabetes 7%
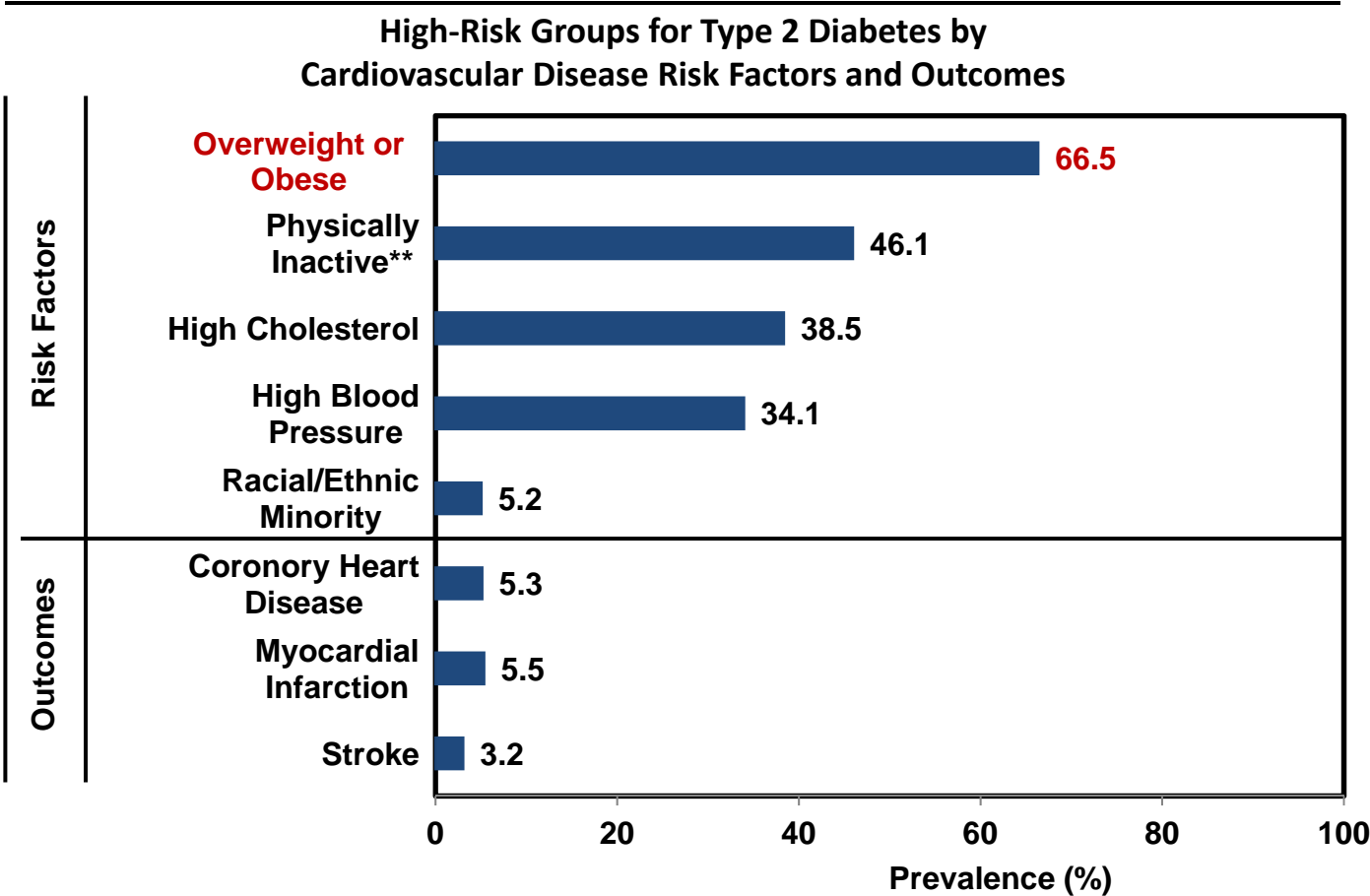
Non-diabetic or undiagnosed diabetes 83%

Among Maine adults, 10% reported having been diagnosed with diabetes and 7% reported having been diagnosed with prediabetes.

Though 83% of Mainers are non-diabetic, this percentage includes adults with undiagnosed diabetes or prediabetes.

Source: U.S. Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (BRFSS), 2015.

Overweight or obese adults are the largest group at high risk for Type 2 diabetes at 66.5% of Maine adults.*

High-Risk Groups for Type 2 Diabetes by Cardiovascular Disease Risk Factors and Outcomes

Risk Factors	Prevalence (%)
Overweight or Obese	66.5
Physically Inactive**	46.1
High Cholesterol	38.5
High Blood Pressure	34.1
Racial/Ethnic Minority	5.2

Outcomes	Prevalence (%)
Coronory Heart Disease	5.3
Myocardial Infarction	5.5
Stroke	3.2

Prevalence (%)

Source: U.S. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System (BRFSS), 2015.
*Data based on self-report of selected risk factor or cardiovascular disease outcome on BRFSS.
**Non-adherence to current CDC-recommended aerobic guidelines.

Undiagnosed Diabetes in the U.S

- **Nationally, 30.3 million people (9.4% of U.S. population) have diabetes.**

- **Nearly a quarter (23.8%) of Americans with diabetes remain undiagnosed.**

- **The true diabetes prevalence among Maine adults could be close to 12.5%.**
  - We estimate that 101,400 Maine adults have diagnosed diabetes.
  - If 23.8% of all Maine adults with diabetes are undiagnosed, then there are an estimated 31,700 Maine adults with **undiagnosed diabetes.**

Prevalence of Diagnosed Prediabetes among High-Risk Groups for Type 2 Diabetes

Prevalence of Diagnosed Prediabetes

High-Risk Group	%
Heart Attack History	15.8
Coronary Heart Disease History	15.6
High Blood Pressure	12.8
High Cholesterol	12.3
Stroke History	11.4
Overweight or obese	10.2
Physically Inactive*	9.5
Racial/Ethnic Minority	5.7

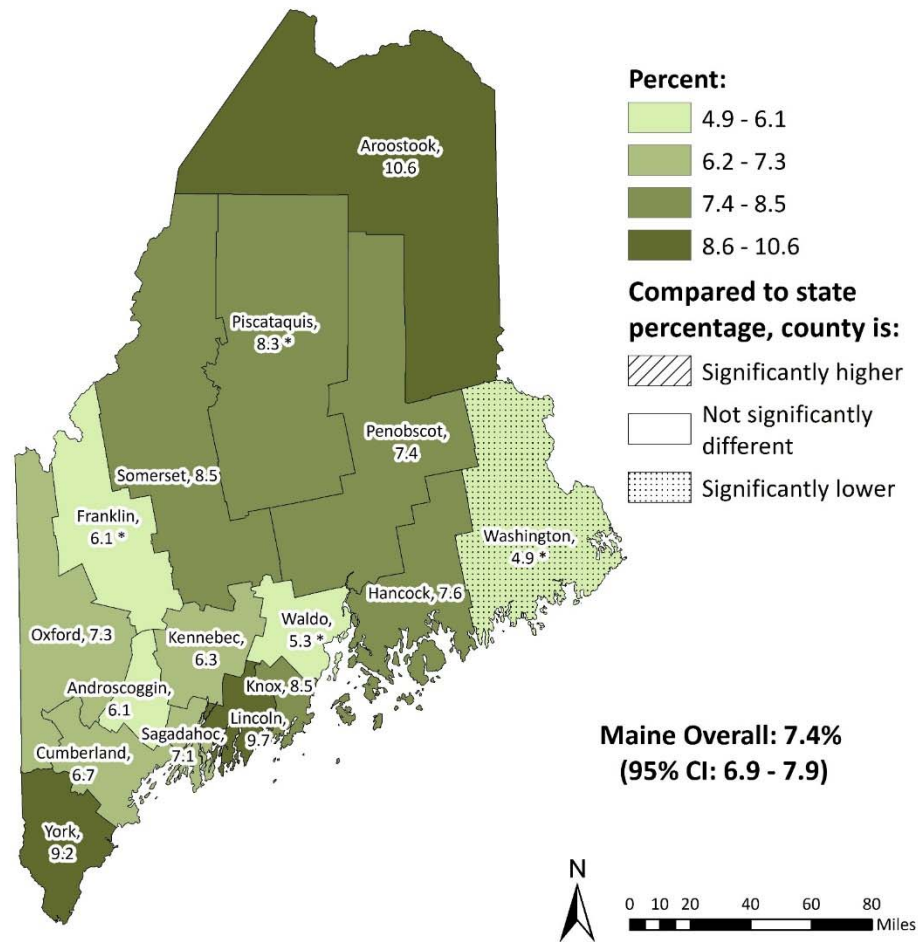**Prevalence of diagnosed prediabetes is highest among Mainers with a prior cardiovascular disease diagnosis.**

Prediabetes Prevalence among Adults, by County, Maine, 2012-2014

Percent:

- 4.9 - 6.1
- 6.2 - 7.3
- 7.4 - 8.5
- 8.6 - 10.6

Compared to state percentage, county is:

- Significantly higher
- Not significantly different
- Significantly lower

Aroostook, 10.6

Piscataquis, 8.3 *

Penobscot, 7.4

Somerset, 8.5

Franklin, 6.1 *

Washington, 4.9 *

Hancock, 7.6

Oxford, 7.3

Kennebec, 6.3

Waldo, 5.3 *

Androscoggin, 6.1

Knox, 8.5

Lincoln, 9.7

Sagadahoc, 7.1

Cumberland, 6.7

York, 9.2

Maine Overall: 7.4%
(95% CI: 6.9 - 7.9)

N

0 10 20   40   60   80
Miles

Percentage of Maine adults ages 18 and over who reported being told by a doctor or other health care professional that they had prediabetes.
Data source: Maine Behavioral Risk Factor Surveillance System.
*Interpret with caution; based on an unweighted numerator less than 50.
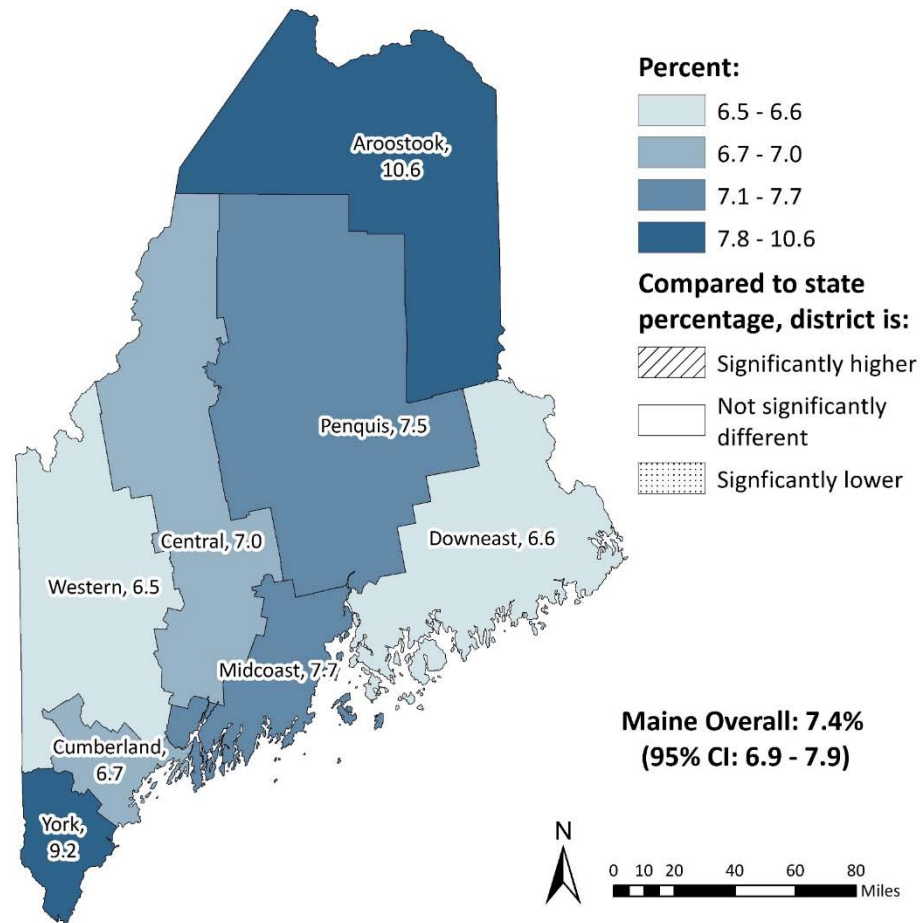95% CI: 95% confidence interval.
All percentages are weighted to be more representative of the general adult population of Maine and to adjust for non-response.
Prevalence estimates mapped using the quantiles method with four categories.
Map created by Finn Teach, April 2017.

Prediabetes Prevalence among Adults
by Public Health District, Maine, 2012-2014

Percent:

- 6.5 - 6.6
- 6.7 - 7.0
- 7.1 - 7.7
- 7.8 - 10.6

Compared to state percentage, district is:

- Significantly higher
- Not significantly different
- Signficantly lower

Aroostook, 10.6

Penquis, 7.5

Central, 7.0

Downeast, 6.6

Western, 6.5

Midcoast, 7.7

Cumberland, 6.7

York, 9.2

Maine Overall: 7.4%
(95% CI: 6.9 - 7.9)

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Percentage of Maine adults ages 18 and over who reported being told by a doctor or other health care professional that they had prediabetes.
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All percentages are weighted to be more representative of the general adult population of Maine and to adjust for non-response.
95% CI: 95% confidence interval.
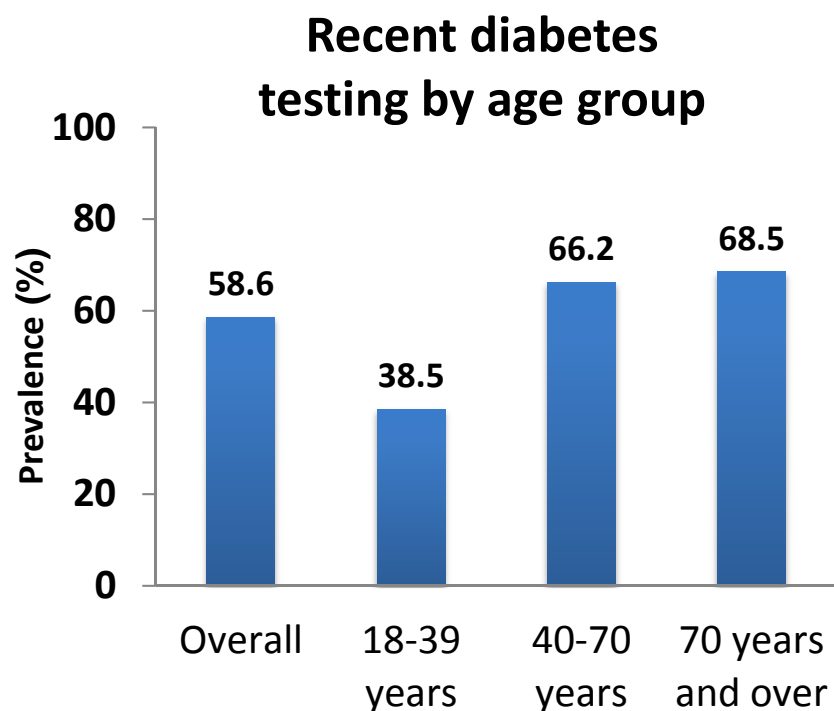Prevalence estimates mapped using the quantiles method with four categories.
Map created by Finn Teach, May 2017.

Diabetes Testing Guidelines

- The US Preventive Services Task Force (USPSTF) recommends screening for type 2 diabetes in asymptomatic adults aged 40 to 70 years who are overweight or obese.

- Clinicians should consider earlier screening in persons with 1 or more of the following:
  - Family history of diabetes
  - History of gestational diabetes or polycystic ovarian syndrome
  - Members of certain racial/ethnic groups
    - African Americans, American Indians or Alaskan Natives, Asian Americans, Hispanics or Latinos, or Native Hawaiians or Pacific Islanders

Recent Diabetes Testing among High-Risk Groups

Recent diabetes testing by age group

Prevalence (%)

Overall	18-39 years	40-70 years	70 years and over
58.6	38.5	66.2	68.5

Recent Diabetes Testing by High-Risk Group

High-Risk Group	% Adults
High Cholesterol	74.0
High Blood Pressure	73.9
Heart Attack History	71.9
Coronary Heart Disease History	71.7
Stroke History	70.6
Overweight or obese	**62.9**
Physically Inactive**	**56.1**
Racial/Ethnic Minority	**49.5**

Recent diabetes testing is lowest among overweight or obese, physically inactive, and racial/ethnic minority adults.

Source: U.S. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System (BRFSS), Maine 2014
Recent diabetes testing is defined as having a diabetes test within the past three years.
Data for physically inactive, high cholesterol, and high blood pressure was from 2013 BRFSS.
*Data based on self-report of selected risk factor or cardiovascular disease outcome on BRFSS.
**Non-adherence to current CDC-recommended aerobic guidelines.

Should We Target Overweight Young Adults for Diabetes Testing?
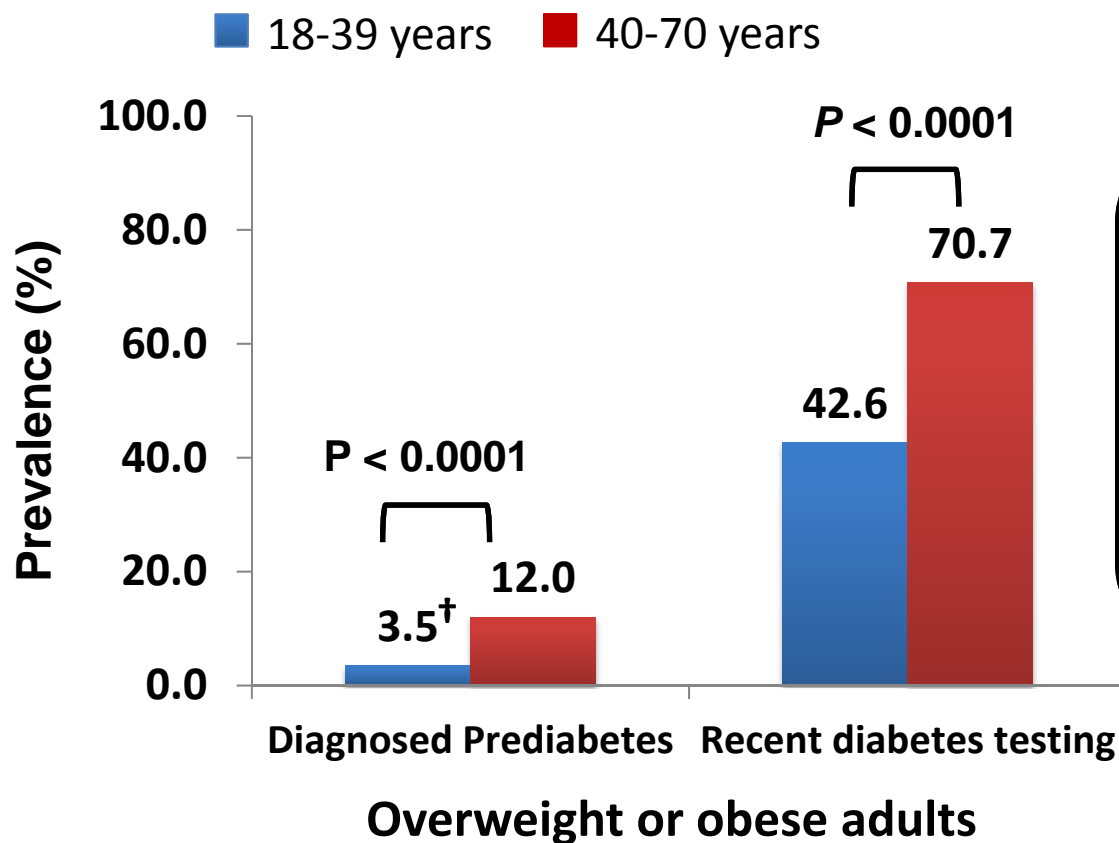
For overweight or obese adults

Young adults are **less likely** than older adults to have:

- Diagnosed prediabetes

- Recent diabetes testing (within the past 3 years)

Source: U.S. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System (BRFSS), Maine 2014
*Data based on self-report of selected risk factor or cardiovascular disease outcome on BRFSS.
†Interpret with caution; based on an unweighted numerator(n) less than 50.