

Prevention and Health Promotion

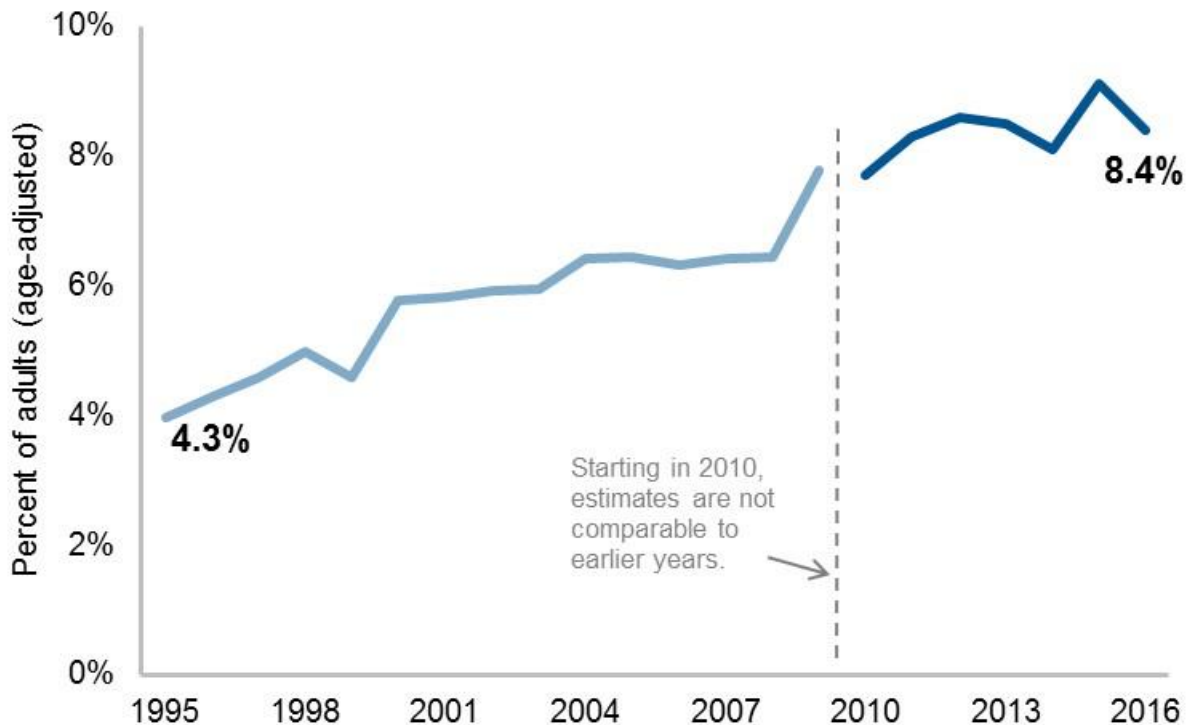
Diabetes

Diabetes is a chronic metabolic disease in which glucose (sugar) levels in the blood are above normal. If not carefully managed, diabetes can cause heart attack, stroke, blindness, kidney damage, and blood vessel and nerve damage so severe that it may result in limb amputation.

In 2016, 8.4% of Oregon adults reported having diabetes, more than twice the 4% reported in 1995 (Figure 1). Obesity and diabetes are strongly correlated, and the increase in diabetes has mirrored the rise of obesity rates in Oregon.

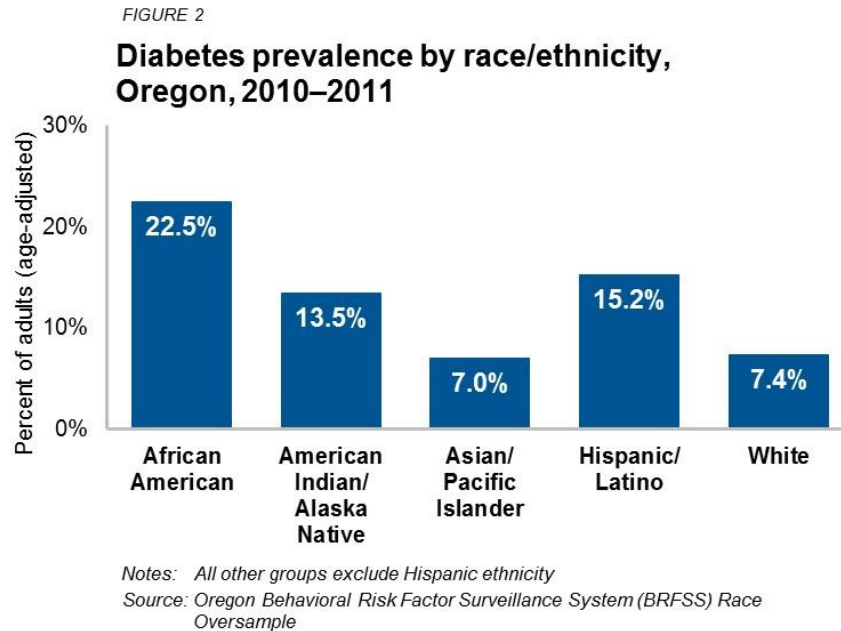
FIGURE 1

Diabetes prevalence by year, Oregon



Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Disparities in diabetes are striking: African Americans (22.5%), Hispanic/Latino (15.2%) and American Indian/Alaskan Natives (13.5%) are more likely to have diabetes than whites (7.4%; Figure 2).



The estimated medical cost for diabetes in Oregon was almost \$1.7 billion in 2010.¹ Medical costs for diabetes will continue to rise as the percentage of people who have it increases. Efforts to prevent obesity and diabetes are crucial to address this public health crisis.

Additional Resources: [Heart Disease and Stroke Prevention](#)

About the Data: Data source is the Behavioral Risk Factor Surveillance System (BRFSS). BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. Data include respondents who answered “Yes” to the question: “Have you ever been told by a doctor, nurse or other health professional that you have diabetes?” Excludes females told only during pregnancy, pre-diabetes and borderline diabetes.

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Date Updated: March 27, 2018

[Oregon State Health Profile](#)

¹ *Chronic Disease Cost Calculator [computer program]. Version 2. Atlanta, GA: Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion; 2014.*

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