

Oregon 2007 BRFSS

Have you ever been told by a doctor that you have diabetes?

(Weighted Column Percents)

	Total	Male	Female
Yes	6.8	7.2	6.4
Yes, but female told only during pregnancy	1.0	.0	2.0
No	90.8	91.6	90.0
No, pre-diabetes or borderline diabetes	1.4	1.2	1.6

Denominator is:
All survey respondents.

Have you ever been told by a doctor that you have diabetes?

(Unweighted Frequencies)

	Total	Male	Female
Total	6,987	2,635	4,352
Yes	661	277	384
Yes, but female told only during pregnancy	57	1	56
No	6,142	2,313	3,829
No, pre-diabetes or borderline diabetes	122	42	80
Don't know/Not sure	4	2	2
Refused	1		1

Denominator is:
All survey respondents.

Are you now taking insulin?

(Weighted Column Percents)

	Total	Male	Female
Yes	24.9	26.4	23.2
No	75.1	73.6	76.8

Denominator is:
All survey respondents who self reported being told by a doctor that they have diabetes.

Are you now taking insulin?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes	163	70	93
No	498	207	291

Denominator is:
All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Are you now taking pills to treat your diabetes? These are pills that help lower blood sugar.

(Weighted Column Percents)

	Total	Male	Female
Yes	68.2	67.7	68.8
No	31.8	32.3	31.2

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Are you now taking pills to treat your diabetes? These are pills that help lower blood sugar.

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes	457	190	267
No	202	86	116
Don't know/Not sure	2	1	1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Over the last 12 months, how difficult has it been for you to take medications as prescribed?

(Weighted Column Percents)

	Total	Male	Female
Not at all difficult, (you got it exactly right)	76.5	76.7	76.4
Slightly difficult, (you manage most of the time)	7.8	9.0	6.5
Somewhat difficult, (but you manage some of the time)	6.5	5.8	7.3
Very difficult, (you hardly ever do this)	1.3	.8	2.0
Or extremely difficult, (that you couldn't do it all)	1.4	1.3	1.6
Doesn't apply, you don't do this	6.4	6.5	6.3

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Over the last 12 months, how difficult has it been for you to take medications as prescribed?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Not at all difficult, (you got it exactly right)	504	216	288
Slightly difficult, (you manage most of the time)	51	25	26
Somewhat difficult, (but you manage some of the time)	40	13	27
Very difficult, (you hardly ever do this)	9	2	7
Or extremely difficult, (that you couldn't do it all)	6	2	4
Doesn't apply, you don't do this	45	18	27
Don't Know/Not Sure	4	1	3
Refused	2		2

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Over the last 12 months, how difficult has it been for you to exercise regularly?

(Weighted Column Percents)

	Total	Male	Female
Not at all difficult, (you got it exactly right)	36.5	41.2	31.4
Slightly difficult, (you manage most of the time)	16.7	16.6	16.7
Somewhat difficult, (but you manage some of the time)	22.3	18.8	26.2
Very difficult, (you hardly ever do this)	12.0	10.6	13.6
Or extremely difficult, (that you couldn't do it all)	10.7	11.3	10.0
Doesn't apply, you don't do this	1.8	1.4	2.2

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Over the last 12 months, how difficult has it been for you to exercise regularly?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Not at all difficult, (you got it exactly right)	236	118	118
Slightly difficult, (you manage most of the time)	110	44	66
Somewhat difficult, (but you manage some of the time)	142	49	93
Very difficult, (you hardly ever do this)	85	30	55
Or extremely difficult, (that you couldn't do it all)	68	29	39
Doesn't apply, you don't do this	17	6	11
Don't Know/Not Sure	2	1	1
Refused	1		1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Over the last 12 months, how difficult has it been for you to follow your recommended eating plan?

(Weighted Column Percents)

	Total	Male	Female
Not at all difficult, (you got it exactly right)	44.2	48.0	40.0
Slightly difficult, (you manage most of the time)	20.2	16.3	24.5
Somewhat difficult, (but you manage some of the time)	23.9	23.8	23.9
Very difficult, (you hardly ever do this)	7.6	7.8	7.4
Or extremely difficult, (that you couldn't do it all)	1.9	1.7	2.1
Doesn't apply, you don't do this	2.2	2.4	2.0

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Over the last 12 months, how difficult has it been for you to follow your recommended eating plan?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Not at all difficult, (you got it exactly right)	281	134	147
Slightly difficult, (you manage most of the time)	141	48	93
Somewhat difficult, (but you manage some of the time)	154	60	94
Very difficult, (you hardly ever do this)	48	20	28
Or extremely difficult, (that you couldn't do it all)	14	4	10
Doesn't apply, you don't do this	19	10	9
Don't Know/Not Sure	3	1	2
Refused	1		1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Over the last 12 months, how difficult has it been for you to check your blood for sugar?

(Weighted Column Percents)

	Total	Male	Female
Not at all difficult, (you got it exactly right)	77.9	79.6	75.9
Slightly difficult, (you manage most of the time)	6.9	6.5	7.3
Somewhat difficult, (but you manage some of the time)	6.4	7.1	5.7
Very difficult, (you hardly ever do this)	2.7	2.5	3.0
Or extremely difficult, (that you couldn't do it all)	1.9	1.7	2.1
Doesn't apply, you don't do this	4.2	2.5	6.0

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Over the last 12 months, how difficult has it been for you to check your blood for sugar?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Not at all difficult, (you got it exactly right)	518	227	291
Slightly difficult, (you manage most of the time)	43	15	28
Somewhat difficult, (but you manage some of the time)	35	14	21
Very difficult, (you hardly ever do this)	16	6	10
Or extremely difficult, (that you couldn't do it all)	11	3	8
Doesn't apply, you don't do this	34	11	23
Don't Know/Not Sure	2	1	1
Refused	2		2

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Over the last 12 months, how difficult has it been for you to check your feet for wounds or sores?

(Weighted Column Percents)

	Total	Male	Female
Not at all difficult, (you got it exactly right)	91.3	91.8	90.9
Slightly difficult, (you manage most of the time)	2.3	1.6	3.1
Somewhat difficult, (but you manage some of the time)	2.9	2.0	3.7
Very difficult, (you hardly ever do this)	.7	1.1	.3
Or extremely difficult, (that you couldn't do it all)	.4	.5	.3
Doesn't apply, you don't do this	2.4	3.0	1.8

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Over the last 12 months, how difficult has it been for you to check your feet for wounds or sores?

(Unweighted Frequencies)

	Total	Male	Female
Total	660	276	384
Not at all difficult, (you got it exactly right)	595	248	347
Slightly difficult, (you manage most of the time)	21	7	14
Somewhat difficult, (but you manage some of the time)	18	7	11
Very difficult, (you hardly ever do this)	5	4	1
Or extremely difficult, (that you couldn't do it all)	3	1	2
Doesn't apply, you don't do this	17	9	8
Refused	1		1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained or shown you how to care for your feet?

(Weighted Column Percents)

	Total	Male	Female
Yes, and you understand completely	79.7	79.3	80.1
Yes, but you are still confused about this	2.1	2.6	1.6
Or no, no one has explained this to you	18.3	18.1	18.4

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Has a doctor, nurse, or other health professional explained or shown you how to care for your feet?

(Unweighted Frequencies)

	Total	Male	Female
Total	656	276	380
Yes, and you understand completely	504	211	293
Yes, but you are still confused about this	15	8	7
Or no, no one has explained this to you	127	50	77
Don't Know/Not Sure	8	6	2
Refused	2	1	1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained or shown you how and when to test your blood glucose?

(Weighted Column Percents)

	Total	Male	Female
Yes, and you understand completely	90.8	90.8	90.7
Yes, but you are still confused about this	1.9	1.1	2.7
Or no, no one has explained this to you	7.4	8.1	6.6

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained or shown you how and when to test your blood glucose?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes, and you understand completely	595	249	346
Yes, but you are still confused about this	13	3	10
Or no, no one has explained this to you	47	24	23
Don't Know/Not Sure	3	1	2
Refused	3		3

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained or shown you how to adjust your food choices to help you manage your blood glucose level?

(Weighted Column Percents)

	Total	Male	Female
Yes, and you understand completely	78.2	74.9	81.8
Yes, but you are still confused about this	11.9	12.1	11.5
Or no, no one has explained this to you	9.9	13.0	6.7

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Has a doctor, nurse, or other health professional explained or shown you how to adjust your food choices to help you manage your blood glucose level?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes, and you understand completely	513	206	307
Yes, but you are still confused about this	80	34	46
Or no, no one has explained this to you	64	34	30
Don't Know/Not Sure	1	1	
Refused	3	2	1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained or shown you how to get appropriate physical activity?

(Weighted Column Percents)

	Total	Male	Female
Yes, and you understand completely	78.4	76.0	81.1
Yes, but you are still confused about this	3.4	2.4	4.5
Or no, no one has explained this to you	18.2	21.6	14.4

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained or shown you how to get appropriate physical activity?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes, and you understand completely	515	212	303
Yes, but you are still confused about this	25	8	17
Or no, no one has explained this to you	112	56	56
Don't Know/Not Sure	7	1	6
Refused	2		2

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained or shown you how to take your medications?

(Weighted Column Percents)

	Total	Male	Female
Yes, and you understand completely	90.0	86.8	93.5
Yes, but you are still confused about this	.8	.8	.8
Or no, no one has explained this to you	9.2	12.4	5.6

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Has a doctor, nurse, or other health professional explained or shown you how to take your medications?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes, and you understand completely	573	235	338
Yes, but you are still confused about this	6	2	4
Or no, no one has explained this to you	55	34	21
Don't Know/Not Sure	17	3	14
Refused	10	3	7

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained to you about the long-term consequences of diabetes, for example eye problems, foot ulcers, or heart attack?

(Weighted Column Percents)

	Total	Male	Female
Yes, and you understand completely	90.6	90.7	90.4
Yes, but you are still confused about this	3.6	3.8	3.3
Or no, no one has explained this to you	5.9	5.5	6.3

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional explained to you about the long-term consequences of diabetes, for example eye problems, foot ulcers, or heart attack?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes, and you understand completely	591	246	345
Yes, but you are still confused about this	22	9	13
Or no, no one has explained this to you	44	20	24
Don't Know/Not Sure	2	1	1
Refused	2	1	1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Has a doctor, nurse, or other health professional helped you set clear, specific goals for managing your diabetes?

(Weighted Column Percents)

	Total	Male	Female
Yes, and it was very helpful	61.1	57.1	65.4
Yes, but it was only somewhat helpful	20.6	22.4	18.7
Yes, but it was not very helpful	3.4	4.4	2.3
Or no, no one helped you set goals	14.9	16.1	13.6

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor, nurse, or other health professional helped you set clear, specific goals for managing your diabetes?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes, and it was very helpful	396	153	243
Yes, but it was only somewhat helpful	130	60	70
Yes, but it was not very helpful	23	12	11
Or no, no one helped you set goals	100	47	53
Don't Know/Not Sure	8	3	5
Refused	4	2	2

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

About often do you check your blood for glucose or sugar? (Include times when checked by a family member or friend, but do not include times when checked by a health professional).

(Weighted Column Percents)

	Total	Male	Female
< 1 time per day	23.6	26.4	20.6
1 time per day	24.3	21.8	27.0
> 1 time per day	42.2	43.0	41.3
Never	9.9	8.8	11.1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

About often do you check your blood for glucose or sugar? (Include times when checked by a family member or friend, but do not include times when checked by a health professional).

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
< 1 time per day	153	74	79
1 time per day	168	63	105
> 1 time per day	264	111	153
Never	63	24	39
Don't know/Not sure	12	4	8
Refused	1	1	

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

About how often do you check your feet for any sores or irritations? (Includes times when checked by a family member or friend but not times when checked by a health professional).

(Weighted Column Percents)

	Total	Male	Female
No feet	.7	.4	1.1
Never	8.2	9.4	6.8
< 1 time a day	26.1	26.6	25.5
One time a day	61.0	62.2	59.8
1-12 times a day	4.0	1.4	6.8

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

About how often do you check your feet for any sores or irritations? (Includes times when checked by a family member or friend but not times when checked by a health professional).

(Unweighted Frequencies)

	Total	Male	Female
Total	645	270	375
No feet	5	1	4
Never	57	25	32
< 1 time a day	165	70	95
One time a day	391	168	223
1-12 times a day	27	6	21

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Have you ever had any sore or irritations on your feet that took more than four weeks to heal?

(Weighted Column Percents)

	Total	Male	Female
Yes	11.1	11.4	10.7
No	88.9	88.6	89.3

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Have you ever had any sore or irritations on your feet that took more than four weeks to heal?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes	74	32	42
No	585	244	341
Don't know/Not sure	1	1	
Refused	1		1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

About how many times in the last year have you seen a doctor, nurse, or other health professional for your diabetes?

(Weighted Column Percents)

	Total	Male	Female
No visits	10.0	12.4	7.2
1-10 visits	82.9	79.5	86.9
11 or more visits	7.1	8.2	5.9

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

About how many times in the last year have you seen a doctor, nurse, or other health professional for your diabetes?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
No visits	65	36	29
1-10 visits	529	216	313
11 or more visits	47	20	27
Don't know/Not sure	18	5	13
Refused	2		2

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

About how many times in the past 12 months has a doctor, nurse, or other health professional tested you for glycosylated hemoglobin or hemoglobin "A one C"?

(Weighted Column Percents)

	Total	Male	Female
1 time	18.3	17.0	19.7
2 times	25.8	25.8	25.8
3 times	14.9	16.4	13.3
4 times	24.8	22.0	28.0
5 or more times	4.9	5.7	4.1
Never	8.5	10.3	6.4
Never heard of "A one C"	2.8	2.8	2.8

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

About how many times in the past 12 months has a doctor, nurse, or other health professional tested you for glycosylated hemoglobin or hemoglobin "A one C"?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
1 time	109	46	63
2 times	149	64	85
3 times	97	42	55
4 times	157	60	97
5 or more times	32	13	19
Don't know	45	15	30
Never	51	28	23
Never heard of "A one C"	21	9	12

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

(Weighted Column Percents)

	Total	Male	Female
1 time	23.1	22.5	23.7
2 times	19.1	21.2	16.7
3 times	12.1	11.9	12.4
4 times	16.1	15.8	16.4
5 or more times	10.0	8.4	11.8
None	19.6	20.1	19.0

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes and have feet.

Oregon 2007 BRFSS

About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

(Unweighted Frequencies)

	Total	Male	Female
Total	656	276	380
1 time	152	65	87
2 times	121	58	63
3 times	68	28	40
4 times	108	46	62
5 or more times	66	23	43
Don't know / Not sure	15	2	13
None	126	54	72

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes and have feet.

When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

(Weighted Column Percents)

	Total	Male	Female
Within the past month	21.5	21.1	22.0
Within the past year	50.9	49.6	52.4
Within the past 2 years	10.7	11.5	9.8
2 or more years ago	13.4	13.9	12.9
Never	3.5	4.0	2.9

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Within the past month	138	56	82
Within the past year	344	139	205
Within the past 2 years	70	30	40
2 or more years ago	78	36	42
Don't know/Not sure	12	6	6
Never	18	10	8
Refused	1		1

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Oregon 2007 BRFSS

Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

(Weighted Column Percents)

	Total	Male	Female
Yes	15.8	18.4	13.0
No	84.2	81.6	87.0

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes	103	48	55
No	552	228	324
Don't know/Not sure	4	1	3
Refused	2		2

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Have you ever taken a course or class in how to manage your diabetes yourself?

(Weighted Column Percents)

	Total	Male	Female
Yes	72.5	73.2	71.7
No	27.5	26.8	28.3

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.

Have you ever taken a course or class in how to manage your diabetes yourself?

(Unweighted Frequencies)

	Total	Male	Female
Total	661	277	384
Yes	476	199	277
No	185	78	107

Denominator is:

All survey respondents who self reported being told by a doctor that they have diabetes.