

# DIABETES PREVALENCE IN CONNECTICUT, 2007 – 2009

## BRFSS Survey Results for Connecticut

A total of 20,174 Connecticut adults aged 18 and older responded to the 2007 through 2009 *Behavioral Risk Factor Surveillance System* (BRFSS) telephone surveys, an average of about 6,725 per year. Of those surveyed for the three-year period, 2,012 people answered “yes” to the question, “Have you ever been told by a doctor that you have diabetes?” Percentages were weighted to Connecticut population characteristics, and based on these weights it is estimated that 6.9% or 185,929 Connecticut adults have diagnosed diabetes. Respondent characteristics by gender, race, ethnicity, age group, educational level, income level, and county of residence are described in Table 1.

**Table 1. Diabetes prevalence (unadjusted), Connecticut residents, 18 and over – 2007 to 2009**

	Total Number of Respondents <sup>1</sup>	Have you ever been told by a doctor that you have diabetes?		
		Yes		
		Number <sup>2</sup>	Estimated Weighted Percentage of the CT Population <sup>3</sup>	C.I. (95%) <sup>4</sup>
<b>TOTAL</b>	20,174	2,012	6.9	6.5-7.3
<b>Gender</b>				
Male	7,643	837	7.5	6.8-8.2
Female	12,511	1,175	6.4	5.9-6.9
<b>Race/Ethnicity</b>				
White, non-Hispanic	16,328	1,454	6.5	6.1-7.0
Black/Af. Am., Non-Hispanic	1,243	241	13.3	10.7-16.0
Hispanic	1,434	183	7.0	5.5-8.5
<b>Age Group (yrs.)</b>				
18-44	5,462	140	2.0	1.6-2.5
45-54	3,967	277	6.4	5.4-7.3
55-64	3,968	487	11.4	10.2-12.6
65+	6,438	1,073	16.5	15.4-17.6
<b>Education</b>				
Less than high school	1,381	293	15.5	12.9-18.1
High school or GED	5,055	663	9.0	8.1-10.0
Some post-high school	4,598	474	7.3	6.4-8.2
College graduate	9,053	571	4.5	4.1-5.0
<b>Household Income</b>				
<\$25,000	3,433	648	14.2	12.7-15.7
\$25,000 - \$49,000	3,865	427	8.8	7.7-9.9
\$50,000 - \$74,999	2,781	204	5.4	4.5-6.3
\$75,000+	7,049	374	4.2	3.6-4.7
<b>County</b>				
Fairfield	6,022	503	6.0	5.3-6.8
Hartford	4,696	481	7.0	5.2-7.9
Litchfield	850	76	6.9	5.1-8.7
Middlesex	806	70	7.1	5.1-9.0
New Haven	5,040	580	7.5	6.6-8.4
New London	1,310	146	7.5	5.9-9.1
Tolland	888	81	5.4	4.0-6.9
Windham	542	75	9.1	6.7-11.6

1. The total number of Connecticut respondents surveyed for the BRFSS in 2007, 2008, and 2009.
2. The number of Connecticut respondents who answered “yes” to “Have you ever been told by a doctor that you have diabetes?”
3. The estimated percentage of the Connecticut population with diabetes.
4. The confidence interval indicates the range of the estimate at a 95% level of probability.



Dannel P. Malloy, Governor  
Jewel Mullen, M.D., M.P.H., M.P.A, Commissioner

## Gender

An estimated 7.5% of adult males and 6.4% of adult females in Connecticut have diagnosed diabetes. The difference in these rates by gender is not statistically significant.

## Race/Ethnicity

Black or African American adults in Connecticut are significantly more likely than White (13.3% vs. 6.5%,  $p < .001$ ) and Hispanic adults (13.3% vs. 7.0%,  $p < .005$ ) to report that they have been diagnosed with diabetes. Estimated diabetes prevalence rates for Hispanic and White adults are not significantly different. It is important to note that the Black or African American and Hispanic populations are younger than the White population in Connecticut, and that these unadjusted prevalence estimates do not take into account the different age structures of these three populations. "Age-adjusted" diabetes prevalence estimates adjust for the age differences in these populations, and these estimates indicate that both Black or African American and Hispanic adults have significantly higher age-adjusted diabetes prevalence rates compared with White adults in Connecticut. Age-adjusted diabetes prevalence estimates (2007-2009) are as follows: Black or African American adults – 14.9%; Hispanic adults – 10.5%; White adults – 5.6% ( $p < .001$  for both comparisons of Black or African American vs. White, and Hispanic vs. White).

## Age

Diabetes prevalence increases with age. About 16.5% of Connecticut adults aged 65 and over are estimated to have diagnosed diabetes, compared with 11.4% of adults aged 55-64 ( $p < .001$ ), 6.4% of adults aged 45-54 ( $p < .001$ ), and 2.0% of adults aged 18-44 ( $p < .001$ ).

## Education

Diabetes prevalence rates tend to be higher among Connecticut residents with lower levels of education; for example, about 15.5% of adults with less than a high school education have diabetes compared with 9.0% of adults with high school education or GED ( $p < .001$ ), 7.3% of adults with some post-high school education ( $p < .001$ ), and 4.5% of adults with a college education ( $p < .001$ ).

## Household Income

Diabetes prevalence rates are higher among Connecticut adults with lower levels of income; for example, among those with household incomes under \$25,000 per year, diabetes prevalence rates are estimated at 14.2%, while only 4.2% of adults with household incomes over \$75,000 are estimated to have diabetes ( $p < .001$ ).

## Connecticut County

Approximately 6.9% of Connecticut residents have diagnosed diabetes. Although estimated diabetes prevalence rates differ somewhat by Connecticut county of residence, none of these rates are significantly different from the state prevalence rate.

*The Behavioral Risk Factor Surveillance System (BRFSS) survey is a state-based system of health surveys that generate information about health risk behaviors, clinical preventive practices, and health care access and use. The BRFSS, sponsored by the Centers for Disease Control and Prevention, is the world's largest telephone survey, and is conducted in all 50 states. It is an on-going random sample telephone survey of non-institutionalized adults, 18 years and older. Information from the survey is used to improve the health of people nationwide and in Connecticut. Other national and state-specific risk factor data and information regarding BRFSS methodology can be accessed on the CDC's BRFSS Web site at: <http://www.cdc.gov/brfss/>.*

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