



# Connecticut Department of Public Health Connecticut Diabetes Prevention and Control Program Prediabetes Fact Sheet



*The prevalence of diabetes in Connecticut has significantly increased since the late-1990s. Over 186,000 Connecticut adults 18 years old and older (18+) have diagnosed diabetes (6.9 percent) (2008-2010 BRFSS data). People with diabetes are at risk of developing a number of complications such as blindness, kidney disease, non-traumatic lower limb amputations, and cardiovascular disease.*

## ***What is prediabetes and who is affected?***<sup>1,2,3</sup>

- Prediabetes is a health condition in which a person's blood glucose or A1c levels are higher than normal but not high enough to be type 2 diabetes. People with prediabetes are more likely to develop type 2 diabetes, heart disease, and stroke.
- Many people with prediabetes do not know that they have the condition.
  - According to the Centers for Disease Control and Prevention (CDC), only 7 percent of people with prediabetes in the U.S. are aware of their condition. Similarly, only about 6 percent of Connecticut adults (18+) report that a health care provider has told them that they have prediabetes (2008-2010 BRFSS data).
  - In contrast, National Health and Nutrition Examination Survey data estimate that 79 million Americans (or 35 percent of U.S. adults aged 20 and older) have prediabetes (2005-2008 data). When the national percentage is applied to Connecticut's population, more than 930,000 Connecticut adults aged 20 years and older are estimated to have prediabetes.
- After adjusting for population age differences, Black non-Hispanic Connecticut adults (18+) are significantly more likely to report having prediabetes (10.2%) compared with White non-Hispanic (5.5%) and Hispanic (6.2%) Connecticut adults. The rates of prediabetes do not vary significantly among White non-Hispanic and Hispanic Connecticut adults (2008-2010 BRFSS data).

- The rate of prediabetes increases with increasing age. For example, about 3 percent of Connecticut adults 18 to 44 years old report having prediabetes compared with about 10 percent of those 65 years and older (2008-2010 BRFSS data).

## ***Who is likely to have prediabetes?***<sup>2</sup>

- People with the following characteristics are more likely to develop prediabetes and type 2 diabetes:
  - 45 years of age or older.
  - Overweight.
  - Have a parent, sister, or brother with diabetes.
  - Family background is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
  - Developed gestational diabetes, or gave birth to a baby weighing 9 pounds or more.
  - Physically active less than three times a week.

## ***How is prediabetes diagnosed?***<sup>2</sup>

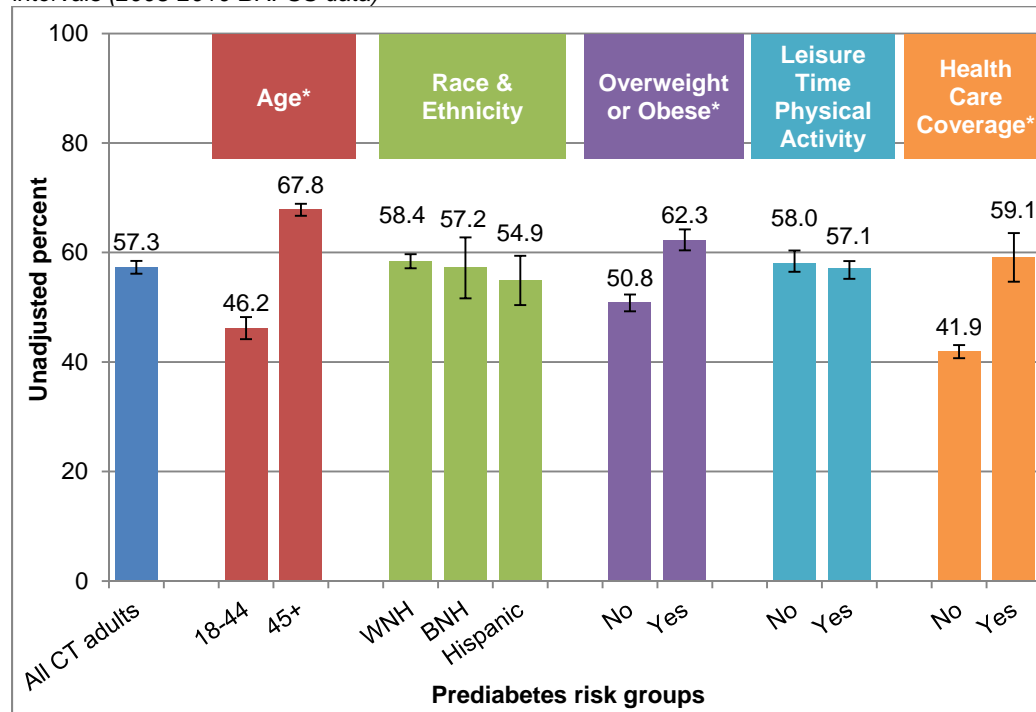
- A fasting blood glucose, glucose tolerance, or hemoglobin A1C test can be used to diagnose prediabetes and diabetes.
- People whose test results indicate they have prediabetes should have their blood glucose levels checked again in six months to one year. People with blood glucose levels that are in the normal range should get tested every three years, or as recommended by a doctor.

## Connecticut Prediabetes Fact Sheet, continued

### Are there disparities in diabetes/prediabetes testing among Connecticut adults at risk?<sup>3,4</sup>

- Despite the fact that early diagnosis and treatment of prediabetes may prevent type 2 diabetes and diabetes-related complications, many at-risk Connecticut adults are not being tested for prediabetes as recommended by the Expert Committee on the Diagnosis and Classification of Diabetes Mellitus (Figure 1).

**Figure 1.** Percentage of Connecticut adults (18+) without diagnosed diabetes reporting having been tested for diabetes in the past 3 years, by prediabetes risk groups, with 95% confidence intervals (2008-2010 BRFSS data)



Abbreviations: WNH = White non-Hispanic; BNH = Black non-Hispanic.

\*Differences in rates are statistically significant ( $p < 0.001$ ).

- The percentage of adults (18+) reporting having been tested for diabetes in the past 3 years differs significantly by age, being overweight or obese, and having health care coverage. Older adults, overweight or obese adults, and adults with health care coverage are more likely to have been tested for diabetes in the past 3 years (Figure 1).

### How can type 2 diabetes be prevented?<sup>1,2</sup>

- Research shows that lifestyle change programs that help participants to lose weight (5 to 7 percent of body weight) and increase physical activity (at least 150 minutes each week) reduce the development of type 2 diabetes by 58 percent.
- The CDC's National Diabetes Prevention Program uses classes conducted by trained lifestyle coaches to help participants improve nutrition, increase physical activity, and achieve and maintain weight loss and healthy lifestyle changes. For more information, visit [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).

### References

- CDC. 2011. *2011 National Diabetes Fact Sheet*. CDC, Atlanta, GA. Available at <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>.
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- CT Department of Public Health (DPH). 2011. *CT Behavioral Risk Factor Surveillance System (BRFSS), 2008-2010 unpublished data*. CT DPH, Hartford, CT. For more information, visit [www.ct.gov/dph/brfss](http://www.ct.gov/dph/brfss).
- The Expert Committee on the Diagnosis and Classification of Diabetes Mellitus. 2011. Report of the Expert Committee on the Diagnosis and Classification of Diabetes Mellitus. *Diabetes Care* 34(Suppl. 1):S66-S68.