



NYC Vital Signs

Diabetes is Epidemic

Diabetes is increasing rapidly in New York City and around the country. In New York City, one in every 13 adults interviewed in the 2002 Community Health Survey reported having diabetes. The risk of diabetes increases substantially with age and weight, and the disease is more common in Hispanic and African-American communities. This report presents newly available data on diabetes among New York City adults and outlines important prevention and management recommendations.

A person has diabetes when he or she has persistent high levels of sugar (glucose) in the blood. Diabetes is a serious and lifelong disease that can cause heart problems, stroke, blindness, kidney failure, foot and leg amputations, pregnancy complications, and even death. Proper management of diabetes dramatically decreases the likelihood of developing these serious complications, and eating right and exercising regularly (at least 30 minutes on most days) can greatly reduce the risk of developing diabetes in the first place.

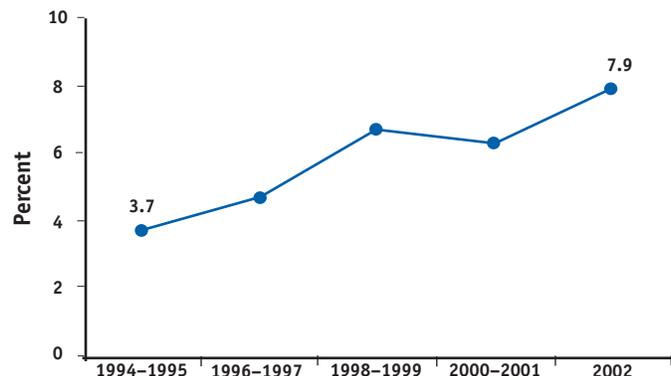
Data presented in *NYC Vital Signs* are based on the New York City Community Health Survey, a telephone survey that collects critical neighborhood-specific information on health in New York City. The 2002 survey interviewed nearly 10,000 New Yorkers, with representation from 33 communities. The survey was conducted by the New York City Department of Health and Mental Hygiene between May and June 2002.

For full survey details, see: nyc.gov/health/survey.

Diabetes has doubled in New York City

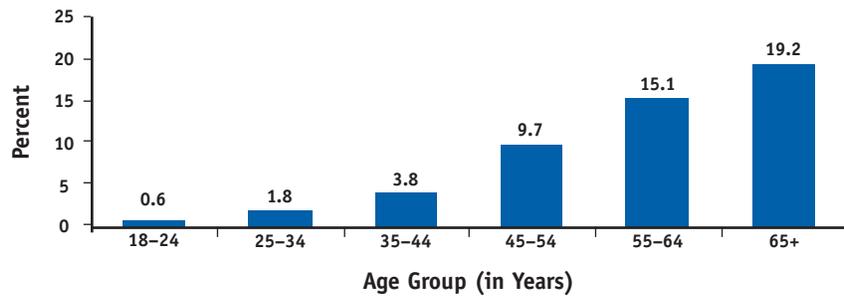
- In the past 8 years, diabetes has doubled among adults in New York City, from less than 4% to nearly 8%.
- More than 450,000 adult New Yorkers (7.9%) know they have diabetes. Nationally, one-third of all diabetes is undiagnosed, suggesting that another 225,000 New Yorkers may have diabetes and not know it — for a total of more than 675,000 people with diabetes.

The Percent of Adults With Self-Reported Diabetes Doubled Between 1994 and 2002



- The risk of diabetes increases with age. Nearly 1 in 5 New Yorkers 65 years and older report having diabetes.

The Percent of Adults With Self-Reported Diabetes Greatly Increases Above 45 Years of Age



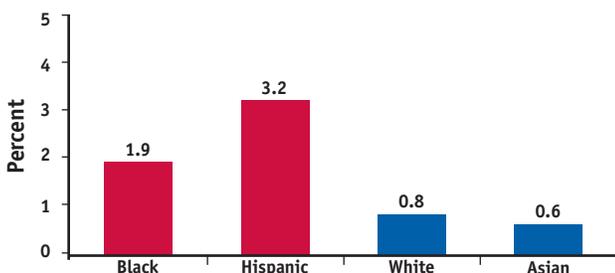
Diabetes disproportionately affects Hispanic and African-American New Yorkers

- Hispanic (12.2%) and African-American (10.8%) adults are more likely to have diabetes than whites and Asians (less than 7%).
- Levels of diabetes are highest in the Bronx and Brooklyn, followed by Queens, Manhattan, and Staten Island.
- Among New Yorkers 18–39 years of age, Hispanics are 4 times more likely to have diabetes than whites and Asians, and nearly 2 times more likely than African-Americans. Diabetes is a serious and growing problem in the Hispanic population.
- Diabetes is also a serious problem among New Yorkers who were born outside of the United States.

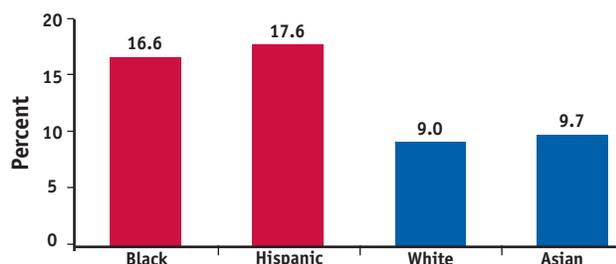
	% with diabetes	Number of people with diabetes in NYC
Total	7.9	454,000
Sex		
Men	8.1	204,000
Women	7.8	250,000
Race/Ethnicity		
Hispanic	12.2	133,000
Black, non-Hispanic	10.8	136,000
White, non-Hispanic	5.0	143,000
Asian	6.8	25,000
Borough		
Bronx	11.5	101,000
Brooklyn	9.0	147,000
Manhattan	6.0	72,000
Queens	7.0	119,000
Staten Island	4.6	15,000
Birthplace		
United States	7.4	260,000
Foreign born	8.6	194,000

To find out more about diabetes, call the American Diabetes Association toll free at **1-800-DIABETES** (1-800-342-2383) or visit their website at **www.diabetes.org**.

Diabetes Among Adults Younger Than 40 Years of Age, by Race/Ethnicity in New York City, 2002

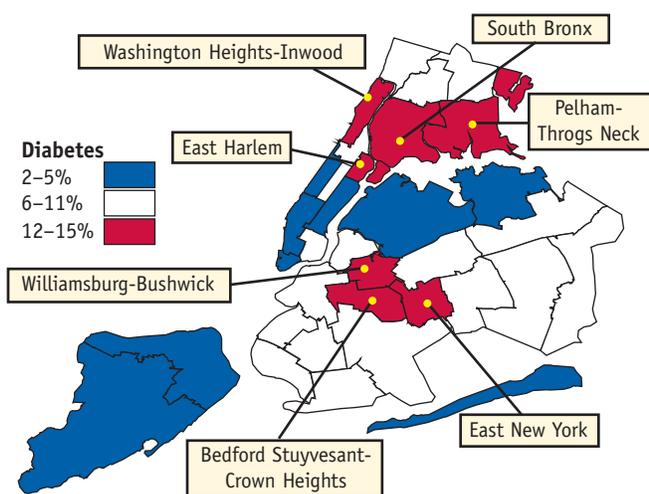


Diabetes Among Adults 40 Years of Age and Older, by Race/Ethnicity in New York City, 2002



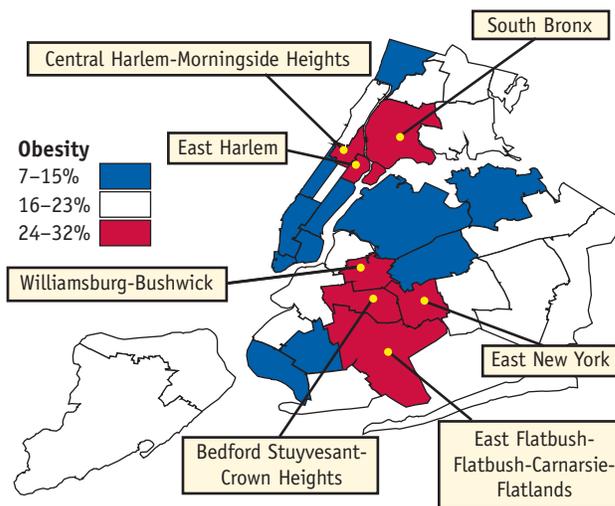
Neighborhoods with more obesity have more diabetes

Diabetes in NYC's Neighborhoods



- New York City neighborhoods with high levels of diabetes include East Harlem, Washington Heights and Inwood, Pelham-Throgs Neck and other parts of the South Bronx, and Central Brooklyn, particularly Williamsburg and Bushwick.

Obesity in NYC's Neighborhoods



- Diabetes rises with obesity. Only 3% of New Yorkers who are of normal weight have diabetes, compared to 9% of overweight and 17% of obese adults. Neighborhoods with the highest levels of obesity often have the highest levels of diabetes.

People with diabetes can dramatically improve their health outcomes

- All people with diabetes should carefully monitor their blood sugar and A1c level to reduce their risk of developing serious complications. Most New Yorkers with diabetes (89%) do not know their current A1c level. This puts them at high risk of developing complications.
- Knowledge of one's A1c level was particularly low among African-Americans and Hispanics with diabetes. Fewer than 10% knew their level of A1c, compared to 22% of whites and 43% of Asians.
- Nearly two-thirds of persons with diabetes did not know their blood pressure, and more than three-quarters did not know their cholesterol. Blood pressure and cholesterol are crucial measures for people with diabetes to know and control.
- Less than 40% of persons with diabetes reported taking other basic important preventive care steps, such as taking aspirin to prevent heart disease, exercising regularly, and getting an annual flu shot.

	% of people with diabetes in NYC
Blood sugar control (A1c)	
< 7% (well controlled)	2
≥ 7% (poorly controlled)	9
Don't know	89
Blood pressure	
Normal	13
High-normal	7
High	16
Don't know	63
Cholesterol	
Normal	7
High	15
Don't know	78
Currently smoke	24
Do not take aspirin to prevent heart disease	77
Do not exercise at least 3 times per week	60
Did not receive a flu shot in the past year	60

Recommendations

People can reduce their risk of developing diabetes by 60% with:

- **Regular exercise** (30 minutes per day on most days)
- **Weight control** (Adults should try to keep their body mass index [BMI] under 25, the threshold for being classified as overweight.*)

Adults with diabetes can prevent heart disease, kidney disease, blindness, and amputations by:

- Not smoking
- Knowing and controlling their "ABCs." All people with diabetes should keep their
 - A1c level below 7%
 - Blood pressure less than 130/80
 - Cholesterol ("bad" LDL cholesterol) less than 100
- Controlling their weight and exercising
 - Keeping their BMI under 25
 - Exercising 30 minutes per day on most days
- Undergoing annual eye and foot examinations and practicing daily foot care
- Getting an annual flu shot and a one-time pneumonia shot (If a pneumonia shot was given before age 65, check with your doctor about a one-time revaccination.)
- Getting tested for kidney disease

* To calculate your BMI, visit <http://nhlbisupport.com/bmi/> or ask your doctor. As an example, a man of 5'10" would be overweight (BMI>25) if he weighed 175 pounds. Similarly, a woman of 5'4" would be overweight if she weighed 146 pounds.

A report from the New York City Community Health Survey



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NYC Vital Signs features information on critical aspects of public health in
New York City.

To contact NYC Vital Signs, e-mail survey@health.nyc.gov.

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