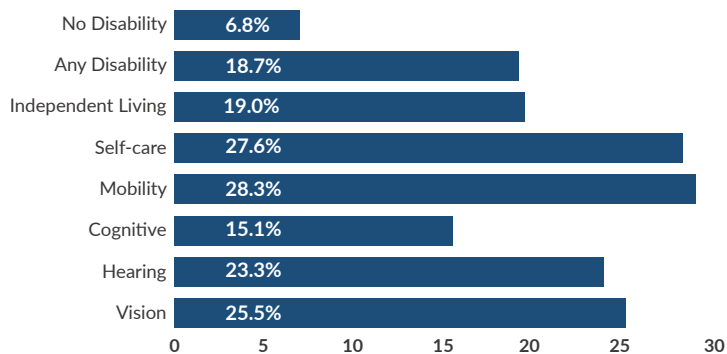


DIABETES AMONG OREGONIANS WITH DISABILITIES

Diabetes is a disease in which blood glucose (sugar) levels are above normal.¹ There are two forms of Diabetes: Type 1 and Type 2. In Type 1 diabetes, the body is unable to produce insulin. Type 1 diabetes is treated through insulin injections and diet control. This form of diabetes usually appears in early life.¹ In Type 2 diabetes, the body develops insulin resistance and insulin deficiency, which leads to high glucose levels in the blood. Most cases of diabetes are Type 2. Type 2 diabetes is more common among older adults but has been increasing among youth and younger adults.² Diabetes is the seventh leading cause of death in the United States.³ Diabetes is also associated with medical costs that are more than double those for adults without diabetes.³

In Oregon, about 18.7% of adults with disabilities reported having diabetes, not including women who only had diabetes during pregnancy. This is much higher than the percentage of Oregon adults without disabilities who said they had been diagnosed with diabetes (6.8%). The percentage of adults with diabetes varies for different types of disabilities. Among Oregon adults with disabilities, diabetes is most common among adults with mobility disabilities and least common among adults with cognitive disabilities (See Figure 1).

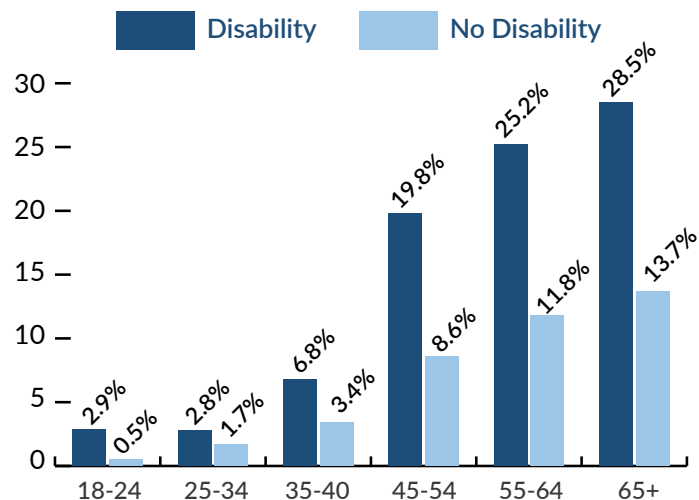
Figure 1. Prevalence of diabetes by type of disability^a



a. Oregon Behavioral Risk Factor Surveillance System 2017 data

In general, diabetes is more common among older adults. However, in each age group, adults with disabilities are more likely to have diabetes than adults without disabilities. In the state of Oregon, the percentage of adults with diabetes in different age group ranges from 0.5% to 13.7% for adults without disability while the range for people with disability is 2.9 – 28.5% (See Figure 2).

Figure 2. Percentage of diabetes among adults with and without disability by age group^a



Diabetes is slightly more common among men than among women. This is true for adults with and without disabilities. Compared to adults without any disability, both men and women with disability are more than two times as likely to experience diabetes (See Table 1).

Table 1. Prevalence of diabetes by gender and disability^a

Female		Male	
Disability	No Disability	Disability	No Disability
18.1%	5.8%	19.5%	7.7%

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Diabetes increases the risk of cardiovascular disease, retinopathy (eye damage), kidney damage, nerve damage, foot damage that may be severe enough to require amputation, and depression. Therefore, prevention and early detection of diabetes are crucial. Many of the risk factors associated with diabetes (**Table 2**) are modifiable. For example, increasing physical activity and reducing obesity can help prevent or delay the onset of diabetes.

Table 2. Risk factors for Type 2 diabetes

- Obesity
- Physical Inactivity
- High blood pressure
- High levels of triglycerides (a type of fat carried in the blood)
- Low levels of HDL (“good”) cholesterol
- Age
- Race and Ethnicity
- Family history

Resources:

- [American Diabetes Association](#)
- [American Heart Association: Diabetes](#)
- [CDC Managing Diabetes](#)
- [National Diabetes Education Program](#)
- [National Diabetes Prevention Program](#)
- [Oregon Health Authority: Public Health Division - Diabetes](#)

FOR MORE OODH DATA BRIEFS, VISIT:

[HTTPS://WWW.OHSU.EDU/XD/RESEARCH/CENTERS-INSTITUTES/OREGON-OFFICE-ON-DISABILITY-AND-HEALTH/DATA-STATISTICS/](https://www.ohsu.edu/xd/research/centers-institutes/oregon-office-on-disability-and-health/data-statistics/)

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3. American Diabetes Association. (2018) Statistics About Diabetes. <https://www.diabetes.org/resources/statistics/statistics-about-diabetes>

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