

Prediabetes Status Awareness among Georgia Adults 20 years and Older by Sociodemographic Status and Associated Risk Factors, 2011



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Background

- In 2005-2008, 35% of United States adults aged 20 years and older had prediabetes*.¹
- Prediabetes is a condition characterized through one of the following clinical measures:²
 - Fasting plasma glucose of 100 to 125 mg/dL
 - A1c value of 5.7% to 6.4%
- Prediabetes increases the risk of an individual developing diabetes 5 to 15 fold and of developing heart disease and stroke later in life.³
- In 2010, only 1.2% of United States adults were aware they had either prediabetes or borderline diabetes.⁴

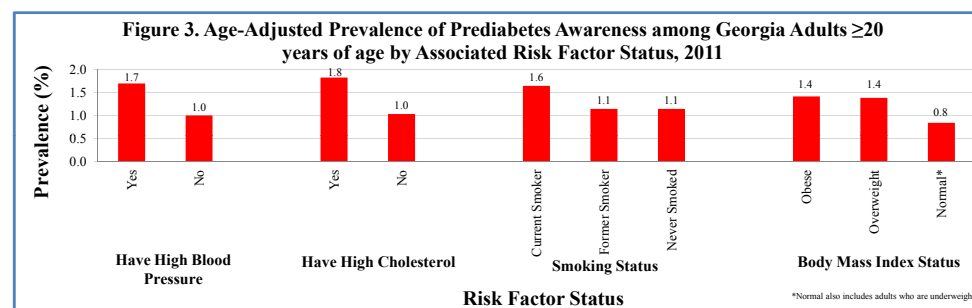
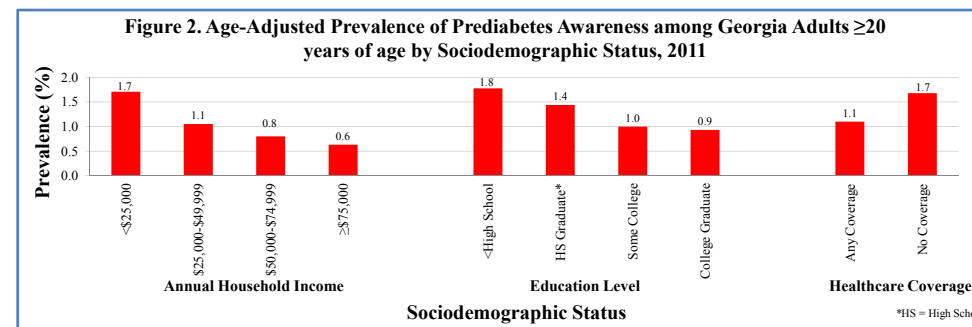
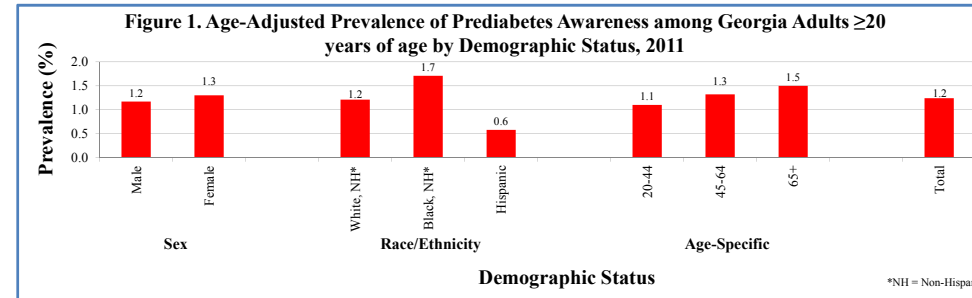
Objective

This study examined prediabetes awareness by sociodemographic status and associated risk factors among Georgia adults 20 years and older.

Methods

- The Behavioral Risk Factor Surveillance System (BRFSS) is an annual, state-based, cross-sectional telephone survey that collects information about behaviors associated with prevalence of chronic disease, injuries, and infectious disease from non-institutionalized adults ≥18 years old, living in all 50 states, District of Columbia, Puerto Rico, and the U.S. Virgin Islands.
- Data from the 2011 Georgia BRFSS was analyzed using SAS 9.3's Survey procedures.
- The sample population consisted of 9,778 adults ≥20 years of age.
- An individual was considered aware of having prediabetes if he/she answered "No, prediabetes or borderline diabetes" to the BRFSS question, "(Ever told) you have diabetes?"
- Based on the 2010 U.S. standard population, age-adjusted prevalence of prediabetes awareness among adults aged ≥20 years of age was calculated by sociodemographic status (sex, race, age, income, education, and healthcare coverage) and associated risk factor status (high blood pressure, high cholesterol, smoking status, and Body Mass Index Status).

Results



Discussion

- Overall, only 1.2% of Georgia adults were aware they had prediabetes.
- No significant differences in prediabetes awareness prevalence were found by demographic status.
- Limitations of the study include the self-reported survey design of the BRFSS and that confounding variables were uncontrolled.
- Strengths of the study include the large sample size, the validated questionnaire, and the generalizability to the Georgia population.

Conclusion

- Only a small percentage of Georgia adults were aware of having prediabetes, as compared to the estimated prediabetes prevalence for the U.S. population based on clinical measures (i.e. fasting plasma glucose and A1c values).
- The lack of prediabetes awareness was distributed equally by sociodemographic status and associated risk factors.

Implications for Diabetes Prevention and Control Program

To increase awareness about the importance of early and routine screening, assessment, treatment, and follow-up measures, as well as coordination of care associated with diabetes, prediabetes and gestational diabetes mellitus (GDM), the Georgia Diabetes Prevention and Control Program (GDPCP) has partnered with the Emory School of Medicine-Division of Endocrinology Diabetes Education Training Academy to sponsor a series of video conference webinars.

The 2013 *Diabetes, Prediabetes and Gestational Diabetes Mellitus (GDM) Webinar Series: Supporting Approaches to Team-Oriented Care in Georgia* begins in April 22, 2013 through June 28, 2013. This series features discipline-specific webinars for various clinical professionals including physicians, nurse practitioners (NPs), physician assistants (PAs), registered pharmacists (RPhs), registered nurses (RNs), registered dietitians (RDs), certified diabetes educators (CDEs), and disease case managers. Also featured are live webinars for medical and nursing students, licensed practical nurses (LPNs), community health workers (CHWs), medical assistants (MAs).

To increase awareness about prediabetes among Georgians and Georgia businesses, the "Diabetes Section" of the Georgia Department of Public Health (GDPH) Live Healthy Georgia website features user-friendly information including public service announcements. Georgia employers, businesses, and other organizations may obtain information about local Diabetes Prevention Programs (DPP) as well as information on how to become a recognized Diabetes Prevention Recognition Program by accessing the "Diabetes Section" of the Georgia Department of Public Health (GDPH) Live Healthy Georgia website at: www.livehealthygeorgia.org

References

- Centers for Disease Control and Prevention, Division of Diabetes Translation. "2011 National Diabetes Fact Sheet". (Available at: <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>).
- Centers for Disease Control and Prevention, Division of Diabetes Translation. "2011 National Diabetes Fact Sheet: Data Sources, Methods, and References for Estimates of Diabetes and Prediabetes". (Available at: <http://www.cdc.gov/diabetes/pubs/references11.htm#7>).
- Centers for Disease Control and Prevention, National Diabetes Prevention Program. "Prediabetes: Am I at risk?" (Available at: <http://www.cdc.gov/diabetes/prevention/prediabetes.htm>).
- Centers for Disease Control and Prevention, Office of Surveillance, Epidemiology, and Laboratory Services, Behavioral Risk Factor Surveillance System. "Prevalence and Trends Data" (Available at: <http://apps.nccd.cdc.gov/brfss/>).