

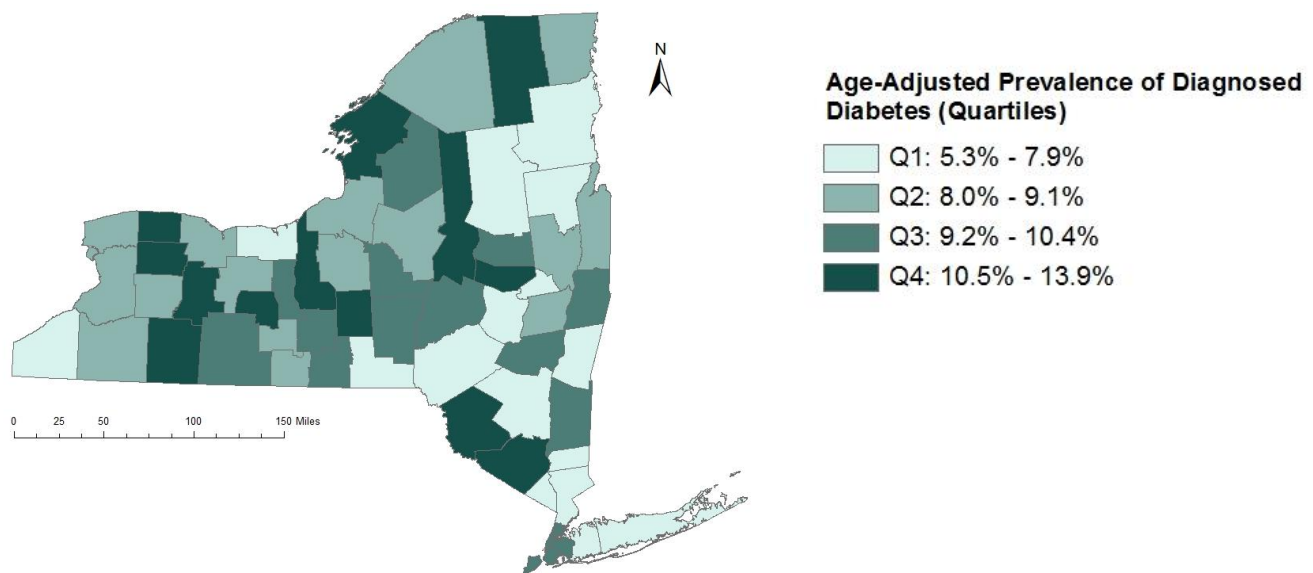
Information for Action # 2015-07

Undersanding county-level burden of diabetes is critical to planning effective chronic disease programs.

The diabetes epidemic affects over 1.6 million adult New Yorkers.¹ Diabetes is not only a common and serious disease; it is also very costly. In 2014, diabetes-related medical expenditures for Medicaid enrollees in New York State (NYS) totaled over \$1.2 billion dollars.² Availability of local-level data on the prevalence of diabetes is essential to informing the planning and targeting of public health programs. According to the 2013-2014 NYS Expanded Behavioral Risk Factor Surveillance System (eBRFSS):

- The percent of adults who have diagnosed diabetes^a varied widely across counties in NYS, from 5.3% (Putnam County) to 13.9% (Herkimer County), with a statewide, age-adjusted prevalence of 8.9%.
- The five counties with the highest prevalence of diabetes were: Herkimer (13.9%), Montgomery (13.6%), Orange (13.0%), Cayuga (12.1%) and Cortland (11.5%).
- The five counties with the lowest prevalence of diabetes were: Putnam (5.3%), Essex (5.4%), Suffolk (5.7%), Westchester (6.0%) and Delaware (6.0%).^b

Figure 1. County-level, Age-adjusted Prevalence of Diagnosed Diabetes^a among NYS adults, 2013-2014 eBRFSS



Data Source: 2013-2014 NYS Expanded Behavioral Risk Factor Surveillance System (available from <https://health.data.ny.gov/en/browse?q=eBRFSS>)

^aDiagnosed diabetes is defined as answering “yes” to the question, “Have you ever been told by a doctor that you have diabetes”. Gestational (pregnancy-related) diabetes, prediabetes and borderline diabetes are not included in the calculation of diabetes prevalence rates.

^b Based on age-adjusted rates. Even though the prevalence rates are low, these counties still have a significant number of adults with diabetes due to their large population size.

PUBLIC HEALTH OPPORTUNITY

The [NYSDOH Prevention Agenda](#) mobilizes local public health practitioners, health departments, and hospitals to improve community health. People with diabetes represent a significant population who can benefit from interventions designed to support the prevention and management of chronic disease. Localities should be aware of the prevalence of diabetes when designing and implementing public health programs.

Contact: For more information about the data included and their specific implications for action, please send an e-mail to DCDIPIFA@health.ny.gov with IFA # 2015-7 in the subject line.

1. NYS Behavioral Risk Factor Surveillance System, 2013

2. Office of the State Comptroller. Diabetes in New York State, October 2015. Available at: http://www.osc.state.ny.us/reports/health/diabetes_2015.pdf