

Introduction

This brief provides adult diabetes trends for Williamson County based on results from the Behavioral Risk Factor Surveillance System (BRFSS). The state of Texas conducts the BRFSS on an ongoing basis and provides results annually. The Williamson County and Cities Health District has conducted the Behavioral Risk Factor Surveillance System periodically since 1999.

Methods and Results

All error bars on charts represent a 95% confidence interval.

Diabetes Prevalence, Chart 1: The chart compares diabetes prevalence for Williamson County, Texas, and the nation for years that a large sample was collected for Williamson County. The percent of adults with diabetes increased at the state and national level.

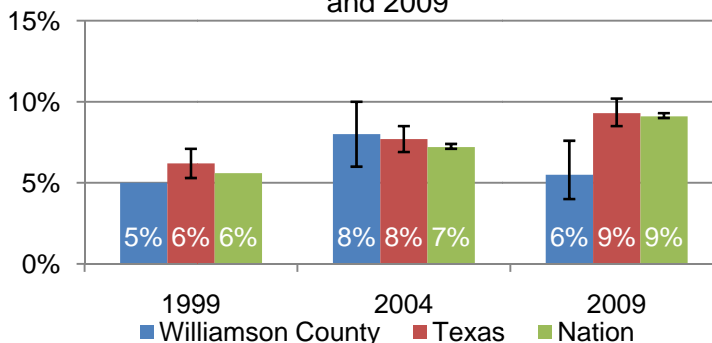
Demographics, Chart 2 through 5:

These charts were created by using combined BRFSS results for Williamson County for the years 2005-2009 (n = 1,445).

- 6% of Williamson County residents had diabetes.
- Individuals in households with income \$50,000 and higher are significantly less likely to have doctor diagnosed diabetes (p<.05).
- There is no significant difference between diabetes prevalence in males and females in this survey.
- Persons who are diabetic do not differ from non-diabetics in the percent that have some college education or graduated from college.

* The difference in prevalence between this category and the remaining population is statistically significant at the p<.05 level.

Chart 1: Have you ever been told by a doctor that you have diabetes?: 1999, 2004 and 2009



Williamson County Diabetes Statistics

Chart 2: Percent Diabetic by Income Category

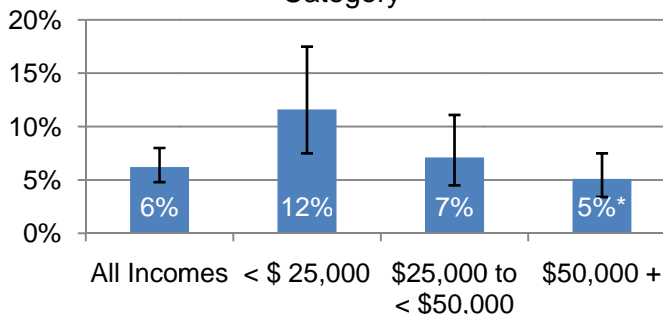


Chart 3: Percent Diabetic by Gender

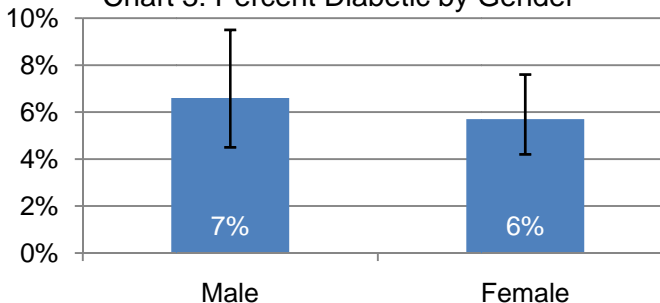
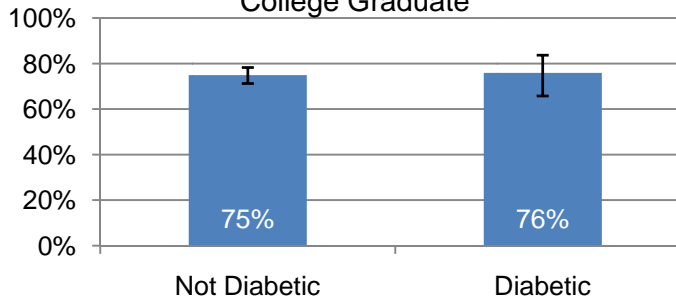


Chart 4: Percent with Some College or College Graduate



(Demographics, continued from previous page)

- In those younger than 65 years, people with diabetes are significantly less likely to be employed when compared to those who are not diabetic ($p < .05$).

Other Demographics:

- Those age 65 or older are significantly more likely to have doctor diagnosed diabetes (19%, CI is 14% to 24%) than the rest of the population ($p < .05$, combined 2005-2009 BRFSS).

Health Status Measures, Charts 6 through 10:

Charts 6, 9 and 10: These charts were created by using combined BRFSS results for Williamson County for the years 2005-2009 (n=1,445).

Charts 7, 8, and 9: These charts were created by using combined BRFSS results for Williamson County for the years 2005, 2007, and 2009 (n=1,074).

- People with diabetes are significantly more likely to be morbidly obese than people without diabetes ($p < .05$).
- 22% of diabetes diagnosed people meet physical activity recommendations. This is a significantly smaller percent than the rest of the population ($p < .05$).
- There is not a significant difference between the percent of diabetics consuming fewer than 5 servings of fruits or vegetables and the percent meeting this guideline in the remaining population.

Chart 5: Percent Employed, Age < 65

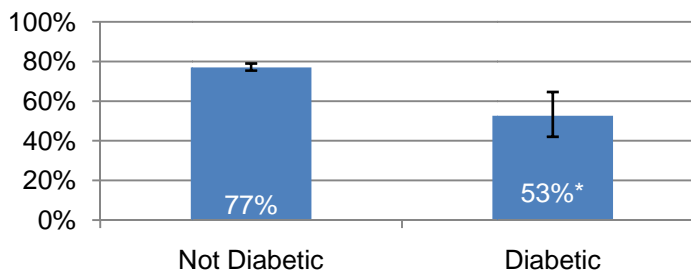


Chart 6: Percent Obese and Percent Morbidly Obese by Diabetes Status

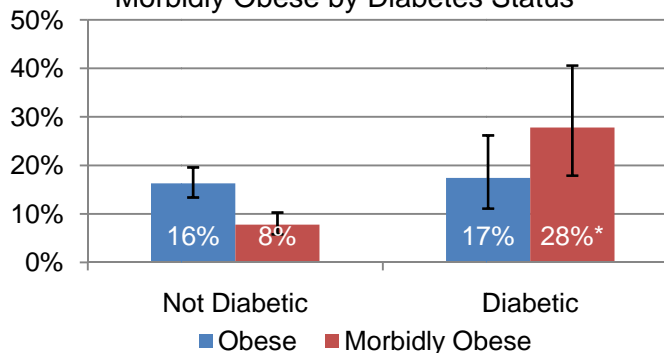


Chart 7: Percent Meets Recommendations for Moderate or Vigorous Physical Activity

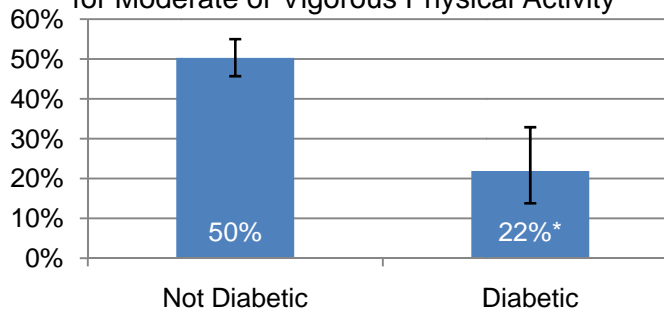
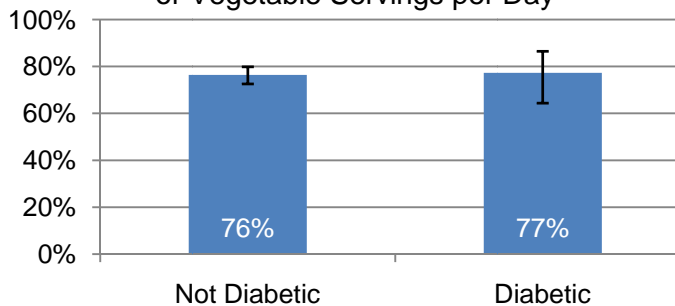


Chart 8: Percent Eating Fewer than 5 Fruit or Vegetable Servings per Day



* The difference in prevalence between this category and the remaining population is statistically significant at the $p < .05$ level.

(Health Status Measures, continued from previous page)

- People with doctor diagnosed diabetes are significantly more likely to characterize their health as fair to poor than those that are not diabetic ($p < .05$).
- People with doctor diagnosed diabetes are significantly more likely than non-diabetics to report that they were kept from their usual activities 5 or more days in the past 30 due to poor mental or physical health ($p < .05$).

Health Care Measures, Charts 11 and 12:

- There is not a significant difference between the percent of people with diabetes that have health care coverage and the percent that have coverage in the rest of the population.
- There is no significant difference between the percent of diabetics and non-diabetics that have a personal health care provider.

Other Health Care Measures:

- 82% of people with diabetes visited with a health care professional for diabetes in the past 12 months (95% CI is 65% to 90%, combined 2008 and 2009 data, $n=834$).
- 54% of people with diabetes have taken a course or class on how to manage their diabetes (95% CI is 40% to 68%, combined 2008 and 2009 data, $n=834$).

Chart 9: Percent Health Fair to Poor

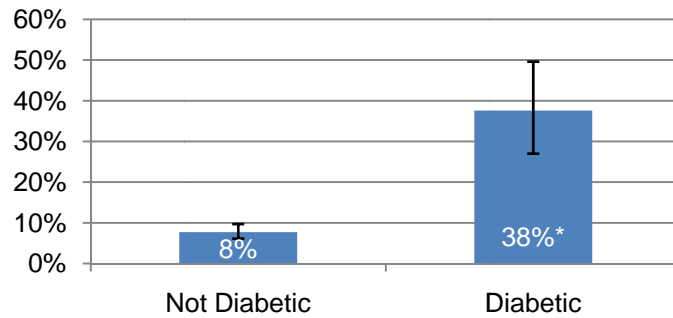


Chart 10: Percent Kept from Usual Activities 5 or More Days in Past 30 Due to Poor Mental or Physical Health

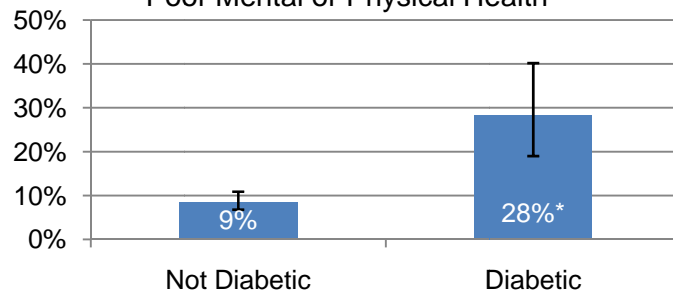


Chart 11: Percent With Health Care Coverage

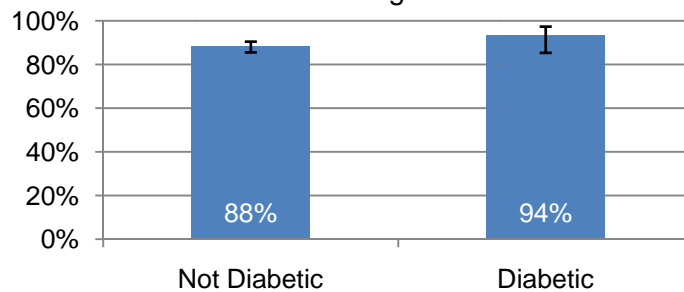
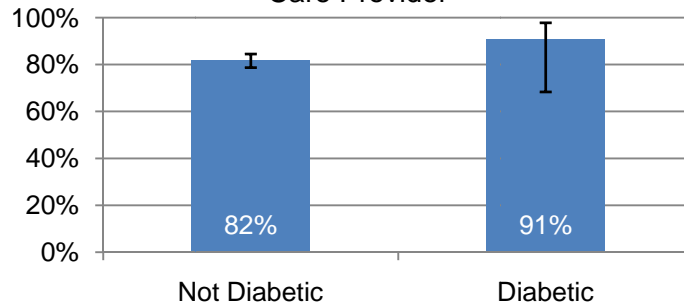


Chart 12: Percent With Personal Health Care Provider



* The difference in prevalence between this category and the remaining population is statistically significant at the $p < .05$ level.