

# DIABETES IN KENTUCKY'S SENIOR CITIZENS

2007

## DIABETES IS A COMMON DISEASE

- Although diabetes affects all age groups, it becomes more common with age. Of Kentucky's population age 65 and older, an estimated **16.3%** have been diagnosed with diabetes, compared with 7.4% for Kentuckians under age 65. (2005)

**Kentucky Adults with Diagnosed Diabetes, by Age, 2005**

Age	18-44	45-54	55-64	65+
Percent	3.1%	10.8%	18.1%	16.3%

## DIABETES IS A CONTROLLABLE DISEASE

- Much of the sickness and death associated with diabetes can be eliminated through aggressive treatment approaches to normalize blood glucose levels including routine physician visits, self-management training, dilated eye exams, foot exams, and A1C checks.
- The table below shows the preventive care practices reported by individuals with diabetes in the older and younger age groups, compared with the statewide average.

**Reported Preventive Care Practices Among Adults with Diabetes, Kentucky**

Preventive Care Practice	Statewide		Age <65		Age 65+	
	2002 2003	2004 2005	2002 2003	2004 2005	2002 2003	2004 2005
Saw a health professional for diabetes $\geq 1$ time in the past year	94%	91%	93%	91%	95%	92%
Ever taken a course or class in how to manage diabetes	44%	47%	47%	50%	38%	42%
Checked blood glucose $\geq 1$ time per day	64%	66%	65%	68%	62%	62%
Received a dilated eye exam in the past year	70%	71%	66%	68%	77%	76%
Received a foot exam $\geq 1$ time in the past year	63%	63%	62%	64%	65%	61%
Received a flu vaccination in last year	55%	49%	44%	38%	75%	71%
Ever received a pneumonia vaccine	44%	45%	31%	32%	68%	70%
Had A1C checked $\geq 2$ times in the past year	59%	62%	59%	66%	59%	54%

**Data Sources:** Kentucky Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention, and Kentucky Department for Public Health.



Diabetes is a **common, serious, costly, and controllable** disease that affects thousands of individuals in Kentucky and poses a major public health problem.

