**Diabetes (Adult)**

*Health Status*

**Indicator:** Diabetes (Adults)

**Definition:** Percent of adults who have been diagnosed with diabetes.

**Why this is important:** Diabetes is a disease that can have serious complications, such as blindness, kidney damage, and lower-limb amputation. In Spokane County, diabetes was the seventh leading cause of death in 2013. Appropriate diagnosis, care, and management of the disease can lower the risk of complications.

**Where we are:** In 2013 in Spokane County, 9% of adults reported having diabetes. The proportion of adults with diabetes was stable from 2011 to 2013. Spokane County had a proportion of adult diabetes similar to that of Washington state in 2013.

**Health Disparities:**

Among adults in Spokane County in 2013:

- Diabetes increased as age increased.
There was no difference in diabetes by race, education level, income, or between males and females.

Data Source: BRFSS, 2013

Geography:
- Spokane County: 9.0% (6.7-12.0)
- Washington state: 8.5% (7.9-9.2)
- United States: Not Available

Trend: 11-13 No Trend

Age:
- Adults
  - 18-34 yrs: 2.9% (0.7-11.6)
  - 35-44 yrs: 2.8% (0.4-17.3)
  - 45-64 yrs: 9.6% (6.1-14.7)
  - 65+ yrs: 21.3% (15.0-29.3)

Sex:
- Male: 9.1% (5.9-13.9)
- Female: 8.8% (5.9-13.0)

Race:
- White: 9.8% (8.1-11.8)
- Non-white: 11.6% (5.6-22.3)

Education:
- < High school: *
- High school: 8.5% (5.2-13.6)
- Some college: 10.3% (6.1-16.7)
- College graduate: 5.5% (3.3-9.1)
<table>
<thead>
<tr>
<th>Income</th>
<th>&lt;= $25,000</th>
<th>10.4% (6.3-16.7)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$25,000-$49,999</td>
<td>11.7% (7.0-19.0)</td>
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<tr>
<td></td>
<td>$50,000+</td>
<td>6.1% (3.2-11.4)</td>
</tr>
</tbody>
</table>

* = suppressed due to small numbers

**Data Source:** Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System, supported in part by Centers for Disease Control and Prevention, Cooperative Agreement US8/5U0000047-1 through 3 (2011-2013). Calculations and presentation of data by Spokane Regional Health District, Data Center.