

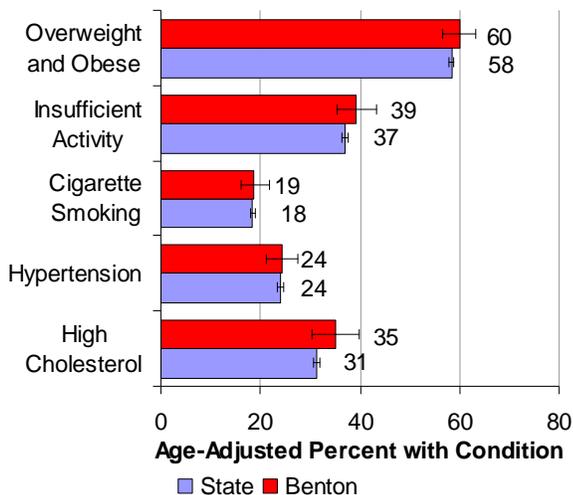
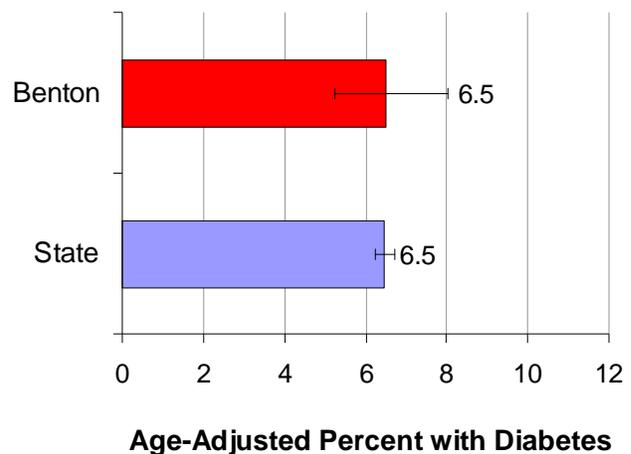


Diabetes is a serious chronic disease in which a person is unable to produce or utilize the hormone insulin, which plays a central role in the body's ability to use glucose. Diabetes now affects over 1.4 million Washington residents: more than 300,000 people (adults and youth) have diagnosed diabetes; almost 127,000 have undiagnosed diabetes; and nearly a million have pre-diabetes. Each year, \$1.52 billion dollars in hospitalization charges alone are associated with diabetes.

This fact sheet about diabetes in Benton County is intended to help people concerned about the health of their community to plan interventions and educate others about the importance of addressing this condition.

## Prevalence

- 6.5% (95% confidence interval: 5.2-8.0%) of Benton County adults have been diagnosed with diabetes
- This translates into about 6,800 adults in the county diagnosed with diabetes
- 6.5% (95% confidence interval: 6.2-6.7%) of Washington State adults have been diagnosed with diabetes.
- The prevalence of diabetes in Benton County is similar than the state
- The Healthy People 2010 goal is to reduce the prevalence of diabetes to 2.5% or less.



## Risk Factors

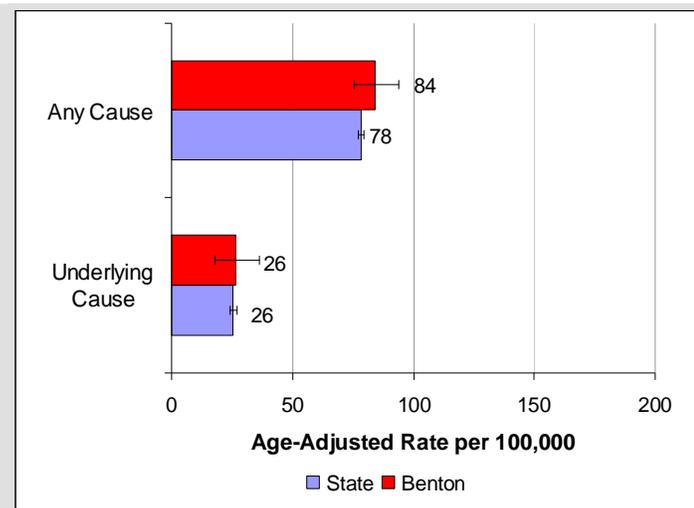
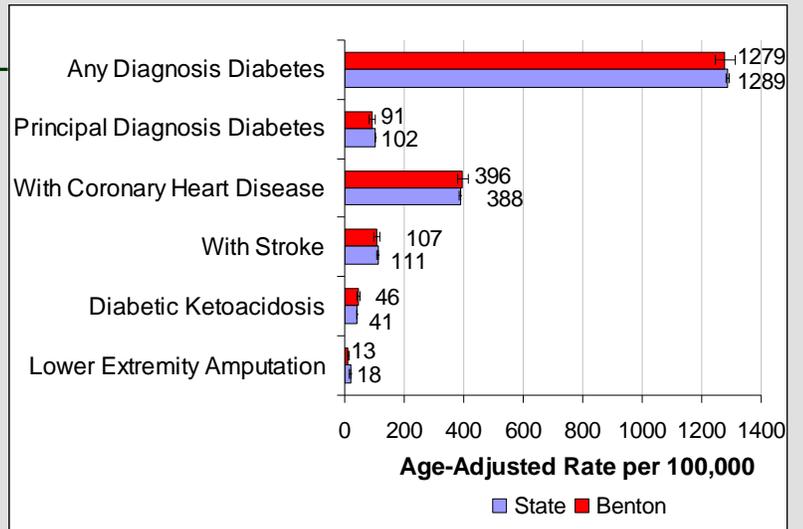
Risk factors for developing diabetes or complications of diabetes are common among adults in Benton County.

- Benton County residents have similar prevalence to the state for overweight/obesity, insufficient activity, smoking, hypertension, and high cholesterol.

## Hospitalizations

People with diabetes are at risk for serious medical conditions requiring hospitalization.

- 1,833 hospitalizations occur per year for Benton County residents with diabetes; of these, 137 list diabetes as the principal diagnosis.
- The hospitalization rate for people with diabetes in Benton County is similar to the state average.
- Benton County residents with diabetes were hospitalized each year for the following diabetes-related conditions: 559 hospitalizations for coronary heart disease; 145 for stroke; 70 for ketoacidosis (acid buildup in the blood); and 19 for lower extremity amputation.



## Deaths

Diabetes is the seventh leading cause of death in Washington State.

- 35 deaths each year among Benton County residents are attributed to diabetes (the underlying cause).
- 112 deaths each year among Benton County residents list diabetes as a contributing condition (any cause).
- The death rate for diabetes in Benton County is similar to the state average.

## Conclusion

Diabetes is an important public health priority. Large numbers of people, as well as their families, are affected by diabetes and its complications. The prevalence of diabetes is greater among vulnerable populations such as older adults, race/ethnic minorities, and people with lower levels of education or income (see state profile). Successful public health interventions to reduce the onset of diabetes and improve management of diabetes would save both lives and dollars, and improve the quality of life for people in our communities.

**Data Sources:** Diabetes prevalence and risk factors – 2003-05 BRFSS combined; Hospitalizations – Washington CHARS 2003-05, Oregon data for WA residents 2003-04, Madigan Army hospital 2003-04, VA hospitalizations 2003-05; Death – Washington Death Certificates 2003-05.

For more information and references see technical notes at

[http://www.doh.wa.gov/cfh/diabetes/publications/Technical\\_notes.doc](http://www.doh.wa.gov/cfh/diabetes/publications/Technical_notes.doc) Rev 6.25.07