

Preventive Care Practices Among Michigan Adult Persons with Diabetes (PWD)

10.5% of Michigan adults (18+ years) reported ever being told that they had diabetes in 2012. Among these adults, the proportion who reported that they followed selected preventive care practices.^a

	Healthy People 2020 Target	Michigan	
	(%)	%	95% CI
Seen doctor for diabetes in the past year	NA	90.9	(88.0-93.1)
Ever had diabetes education	62.5	61.8	(56.3-67.0)
Self-monitors glucose at least once daily	70.4	79.5	(75.0-83.3)
Self-examines feet at least once daily	NA	68.9	(63.0-74.3)
Two A1C tests in the past year	71.1	73.3	(67.9-78.1)
Dilated eye exam in the past year	58.7	64.2	(58.2-69.7)
Foot exam by a provider in the past year	74.8	77.0	(72.2-81.3)
Two A1C tests and eye and foot exams by provider in the past year	NA	38.9	(33.8-44.3)
Flu vaccination in the past year			
18+	NA	47.8	(44.1-51.5)
18-64	NA	41.5	(36.5-46.8)
65+	NA	57.4	(52.8-61.8)
Pneumococcal (pneumonia) vaccination in lifetime			
18+	NA	57.7	(53.8-61.5)
18-64	NA	48.3	(42.8-53.8)
65+	NA	71.6	(67.0-75.8)
Cholesterol tested in the past year ^b	NA	88.1	(85.2-90.6)
Currently taking medication for high blood pressure (among those who were ever told they had HBP) ^b	NA	92.5	(89.6-94.6)
Dental examination in past year	61.2	60.9	(57.0-64.6)
Trying to control weight or lose weight in past year	NA	78.6	(73.5-82.9)
Increased physical activity or exercise in past year	NA	56.1	(50.4-61.7)
Reduced the amount of fat or calories in your diet in past year	NA	73.8	(68.0-78.9)

^a 2012 MiBRFS data except where noted; ^b 2011 MiBRFS; NA – Not available

Data Sources

Michigan Behavioral Risk Factor Surveillance System. Lifecourse Epidemiology and Genomics Division, Michigan Department of Community Health. (<http://www.michigan.gov/brfs>)

U.S. Department of Health and Human Services. Office of Disease Prevention and Health Promotion. Healthy People 2020. Washington, DC. Available at <http://www.HealthyPeople.gov>. Accessed February 11, 2014.

Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

United States Department of Health and Human Services (US DHHS), Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Bridged-Race Population Estimates, United States July 1st resident population by state, county, age, sex, bridged-race, and Hispanic origin, on CDC WONDER On-line Database.

Definitions

Prevalence: The total number of cases in a specified population at a given time.

Confidence Interval (CI): A range about a measurement that expresses the precision of the measurement. A 95% CI can be interpreted as the following: if we selected 100 random samples from the population and used these samples to calculate 100 different confidence intervals for the true prevalence estimate of the population, approximately 95 of the intervals would cover the true population prevalence estimate and five would not. The wider the interval means the more imprecise the measurement, the narrower the interval the more precise the measurement.

Methods and Limitations

The Michigan Behavioral Risk Factor Surveillance System (MiBRFSS) comprises annual, state-level telephone surveys of the non-institutionalized adult population, 18 years and older. The MiBRFSS provides self-reported information on behavioral risk factors for disease and on preventive health practices within the state. Diabetes affects over one million of the Michigan adult population; however, CDC estimates about one quarter of adults are undiagnosed, which may result in part to an underestimate in the MiBRFSS prevalence.