



# DIABETES

Approximately 20% of all Native Americans have diabetes mellitus. Risk factors include age; obesity, poor diet, physical inactivity, high blood pressure, having a mother, father, brother, or sister with diabetes; having diabetes during pregnancy; giving birth to a baby weighing > 9 pounds; and also, having a degree of Indian ancestry. Type 2 diabetes, the most common form of diabetes among Native Americans, may develop slowly over a period of years.<sup>1</sup>

- About 18% of adults had ever been told they had diabetes (18.1%).
- Close to 3% of adults had ever been told that they are pre-diabetic or borderline (2.7%).
- As age increased, the prevalence of ever being told one had diabetes also increased.
- Slightly more men than women reported that they were ever told they had diabetes (18.4% and 17.7%).
- The prevalence of being told one was diabetic or pre-diabetic decreased when household income increased.

DEMOGRAPHIC CHARACTERISTICS	EVER TOLD DIABETES		EVER TOLD BORDERLINE OR PRE-DIABETES	
	%	95% CI	%	95% CI
<b>TOTAL</b>	<b>18.1</b>	<b>(14.5-21.6)</b>	<b>2.7</b>	<b>(1.2-4.3)</b>
<b>AGE</b>				
18 - 34	3.8	(0.6-7.0)	1.3	(0.0-3.5)
35 - 44	6.2	(1.2-11.2)	4.3	(0.0-9.6)
45 - 54	23.4	(14.3-32.6)	1.4	(0.0-3.3)
55 - 64	29.2	(20.8-37.6)	5.0	(0.2-9.8)
65+	46.4	(34.8-57.9)	2.9	(0.7-5.1)
<b>GENDER</b>				
Male	18.4	(12.9-23.8)	2.7	(0.3-5.1)
Female	17.7	(13.2-22.3)	2.7	(0.9-4.6)
<b>HOUSEHOLD INCOME</b>				
< \$20,000	22.4	(14.7-30.1)	2.2	(0.0-5.3)
\$20,000 to \$34,999	29.1	(20.1-38.2)	3.3	(0.0-6.7)
\$35,000 to \$49,999	17.3	(8.1-26.4)	1.1	(0.0-2.6)
\$50,000 to \$74,999	9.6	(3.6-15.6)	1.1	(0.0-2.8)
≥ \$75,000	9.7	(3.7-15.8)	6.1	(0.0-14.4)





Diabetes mellitus is a chronic disease with high glucose levels, due to insufficient production of insulin by the pancreas or a decrease in the body's ability to use insulin. Untreated, diabetes leads to kidney disease, blindness, amputations, and death. Risk factors including age; > 20% ideal body weight; having a close relative with diabetes; birthing a baby > 9 lbs.; having diabetes during pregnancy; and degree of Indian ancestry have been consistently and strongly associated with diabetes.<sup>2</sup>

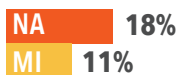
## RECOMMENDATIONS

<sup>3</sup> **Combined Diet and Physical Activity Promotion:** Programs aim to prevent type 2 diabetes among people who are at increased risk of the disease. These programs actively encourage people to improve their diet and increase their physical activity using the following: Trained providers in clinical or community settings who work directly with program participants for at least 3 months; Some combination of counseling, coaching, and extended support; Multiple sessions related to diet and physical activity, delivered in-person, or by other methods.



# 18%

of Native American adults in Michigan have **ever been told they have diabetes.**



# 13%

of Native American adults in Michigan have **ever been told they have borderline or pre-diabetes.**



### SOURCES:

<sup>1,2</sup> Centers for Disease Control and Prevention. 2019. Diabetes Home – Basics About Diabetes. <https://www.cdc.gov/diabetes/basics/diabetes.html> retrieved December 2019).

<sup>3</sup> Evidence Based Intervention Recommendations: The Community Services Task Force and the County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>.

Data in Chart: The Inter-Tribal Council of Michigan's 2017 NaBRFS Report.

