

Obesity Among Adults with Diabetes in Florida, 2002



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The number of diabetes cases among adults in the U.S. jumped by one third during the 1990s. The prevalence of diabetes among adults in Florida has also continued to increase. People develop type 2 diabetes when the body either cannot produce enough insulin or cannot use insulin properly. Extra body fat, often caused by physical inactivity and poor nutrition, prevents the body from using insulin effectively to maintain normal blood glucose levels. Clinical research has shown that, for persons with diabetes, obesity¹ is a major risk factor for developing complications related to diabetes.² Thus, the growing prevalence of obesity in these populations may contribute to a rapid increase in both diabetes and its complications.

More than eight percent of Florida adults have diabetes². This report explores behavioral risk factors among people with diagnosed diabetes in Florida. Data from the 2002 Florida County Behavioral Risk Factor Surveillance System (BRFSS) survey were used for this analysis and are based on a sample size of 34,551 respondents, of whom 3,582 reported being told by their doctor that they have diabetes, which is the definition of “diabetes” used in this report. The focus is obesity and receiving health professional’s advice on weight control among adults with diagnosed diabetes in Florida.

Obesity among people with diabetes:

The prevalence of overweight among people with diabetes (33.1 percent) is almost the same as that among people without diabetes (35.2 percent). However, the prevalence of obesity among people with diabetes (44.6 percent) is more than twice the rate observed among those who do not have diabetes (20.3 percent).

The prevalence of obesity varies among race. Non-Hispanic Blacks have a higher prevalence of obesity (62.1 percent) than non-Hispanic Whites (42.6 percent). (See Figure 1.) The prevalence of obesity among non-Hispanic Black women is significantly higher (70.9 percent) than that for non-Hispanic White men (41.2 percent) and non-Hispanic White women (44.1 percent).

The prevalence is also significantly different by age. People between ages 45 and 64 years have a higher prevalence (55.7 percent) of obesity than adults age 65 years and older (34.7 percent). (See Figure 2.)

The prevalence of obesity does not differ significantly by educational attainment, income, or marital status.

Receiving advice on weight control from a health professional:

Overall, 53.5 percent of all overweight/obese adults with diabetes reported receiving advice about their weight from a health professional, a prevalence greater than that among overweight/obese adults without diabetes (26.2 percent).

The prevalence of receiving advice on body weight was higher among adults 45-64 years of age (62.5 percent) than adults 18-44 years (39.9 percent) and adults 65 and older (49.8 percent). There is no difference in receiving advice on weight by sex, race, education, or marital status.

Figure 1: Prevalence of Overweight and Obesity Among People with Diabetes, Florida, 2002

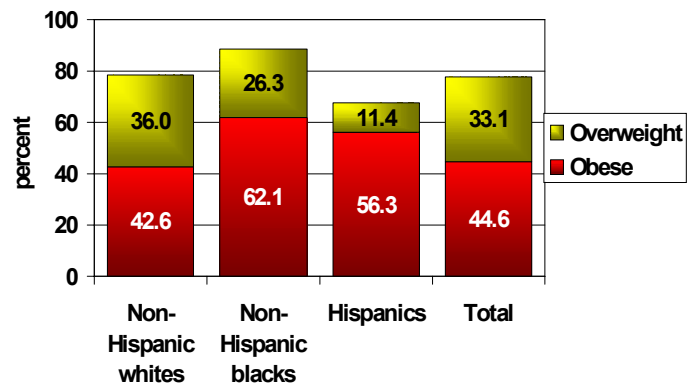
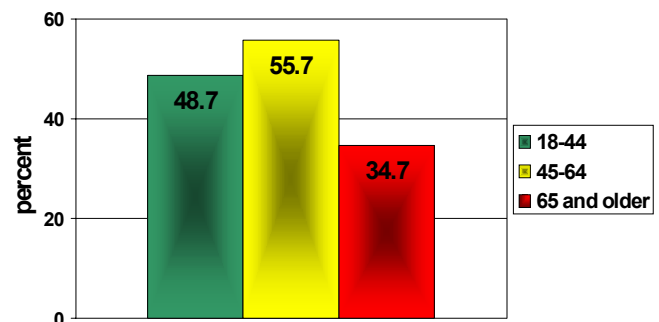


Figure 2: Prevalence of Overweight and Obesity Among Adults with Diabetes by Age, Florida, 2002



Conclusion: Obesity is more prevalent among adults with diabetes than among adults without diabetes. Among people with diabetes, non-Hispanic Blacks and middle-aged adults have a higher prevalence of obesity than do non-Hispanic Whites, and older-aged adults. More people with diabetes received advice on weight control from a health professional than did people without diabetes, and more middle-aged adults received advice than people of other age groups. However, the prevalence of receiving advice about weight is far lower than the prevalence of obesity among people with diabetes.

The Behavioral Risk Factor Surveillance System (BRFSS)

The BRFSS survey is a county-based telephone survey of civilian, non-institutionalized adults (age 18 and older) with telephones, designed to monitor trends in risk behaviors related to preventable chronic diseases and conditions. Respondents are asked about health status, including diabetes and blood pressure; health behaviors, such as nutrition, physical activity, tobacco, and alcohol use; use of screening services, such as mammography; and access to health insurance and health care.

The BRFSS data are weighted. Because the BRFSS is a random survey, the results from the county survey are slightly different than results from the state survey. For more information about the Florida BRFSS, please visit our web site at http://www.doh.state.fl.us/disease_ctrl/epi/brfss/index.htm. For more information about the strengths and limitations of the BRFSS, please visit The Centers for Disease Control and Prevention web site at www.cdc.gov/brfss/. For more information about diabetes, visit www.healthypeople.gov/document/html/volume1/05diabetes.htm#_edn24.

¹Overweight and obesity are determined by the body mass index (BMI). Overweight is defined as a BMI between 25 and 30; obesity is defined as a BMI of 30 or more. The calculation for BMI is {body weight (kg)/height (meters squared)}.

²Diabetes is assessed by the following question, "Have you ever been told by a doctor that you have diabetes?"

*Confidence intervals for Table 1 are constructed utilizing the Statistical Analysis Software (SAS) 9.1 version.

Table 1: Prevalence of being obese among adults without and with diabetes, Florida, 2002

	Adults without Diabetes			Adults with Diabetes		
	%	95% CI*		%	95% CI*	
All	20.3	19.3	21.3	44.6	40.7	48.5
Sex						
Male	20.0	18.5	21.6	41.6	36.0	47.2
Female	20.5	19.2	21.8	47.6	42.3	52.9
Age Group						
18-44	20.2	18.7	21.7	48.7	37.5	59.8
45-64	23.9	22.1	25.8	55.7	49.3	62.1
65+	15.3	13.5	17.0	34.7	29.6	39.8
Race/Ethnicity						
White, non-Hispanic	19.5	18.5	20.5	42.6	38.8	46.5
Black, non-Hispanic	31.5	26.9	36.2	62.1	51.5	72.7
Hispanic	17.6	13.4	21.9	56.3	32.4	80.3
Marital Status						
Never married	18.0	15.3	20.6	55.4	41.3	69.4
Married/cohabitating	21.3	20.0	22.6	45.3	40.0	50.5
Divorced/ widowed/ separated	19.8	18.1	21.6	41.9	36.2	47.2
Education						
Less than high school	26.0	21.9	30.2	49.2	39.1	59.2
High school, GED	22.0	20.1	23.8	46.6	39.7	53.5
More than high school	18.5	17.3	19.7	41.9	36.7	47.1
Annual Household Income						
Less than \$25,000	21.4	19.3	23.6	48.4	42.2	54.6
\$25,000—\$50,000	20.3	18.4	22.2	50.1	42.6	57.7
More than \$50,000	20.0	18.3	21.8	35.7	27.5	44.0

**For more information about the BRFSS survey,
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