Diabetes prevalence

Diabetes is a chronic metabolic disease in which glucose (sugar) levels in the blood are above normal. If not carefully managed, diabetes can cause heart attack, stroke, blindness, kidney damage, and blood vessel and nerve damage so severe that it may result in limb amputation.

In 2012, the prevalence of diabetes in Oregon adults was 8.6%, more than twice that in 1995 (4.0%). This increase has happened at the same time as the increase in obesity among Oregon’s population. Obesity and diabetes are strongly correlated with one another.

Costs of medical care for diabetes will continue to skyrocket as the prevalence increases. Efforts to prevent obesity and diabetes are paramount if we are to make an impact on this public health crisis.
Additional Resources: [Diabetes, Heart Disease and Stroke in Oregon 2013](#)

**About the Data:** Data sources are the Oregon and U.S. Behavioral Risk Factor Surveillance Systems (BRFSS). BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. The national estimate excludes territories. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. National data were not included for 2010 as the method for weighting the data was different from the method used in Oregon. Data include respondents who answered “Yes” to the question: “Have you ever been told by a doctor, nurse or other health professional that you have diabetes?”

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