

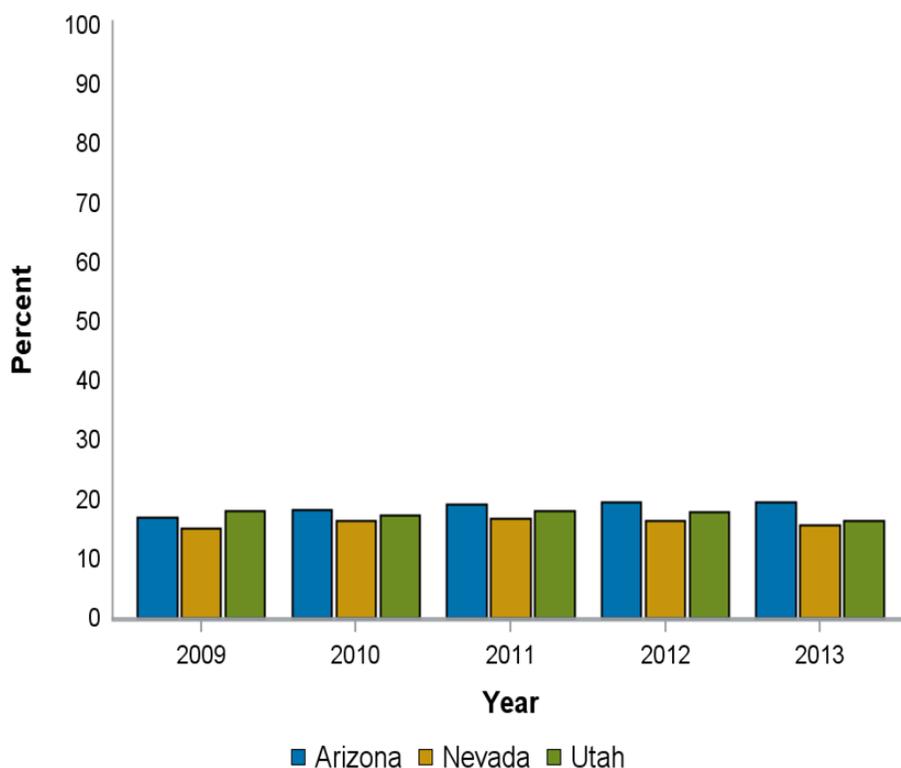
DIABETES

Among American Indians and Alaska Natives in the Phoenix & Tucson Service Area

This fact sheet presents data on diabetes among American Indians and Alaska Natives (AI/AN) in Arizona from the 2013 Indian Health Service Epi Data Mart and the Arizona Hospital Discharge Database.

Diabetes is a disease where blood sugar levels are above normal. Most foods that we eat are turned into sugar (glucose) for our bodies to use for energy. Insulin is a hormone produced by the pancreas to help get glucose into the body's cells. In individuals with diabetes, the body either can't make enough insulin or use its own insulin as well as it should, causing sugar to build up in the blood rather than be taken in by cells. Diabetes can have serious health complications, including heart disease, blindness, kidney failure, and lower-extremity amputation. Risk factors for type-2 (acquired) diabetes include obesity, family history of diabetes, prior history of gestational diabetes, and physical inactivity.

Figure 1: Estimated Prevalence of Diabetes Among IHS Users by State and Year



Approximately 19% of the IHS user population in Arizona, 17% of the IHS user population in Nevada, and 18% of the IHS user population in Utah has a documented diabetes diagnosis during 2009 - 2013.

Prevalence was calculated by enumerating the proportion of unique active IHS users who reside in the state who ever had a diagnosis of diabetes. Diagnosis codes were categorized using the Agency for Healthcare Research and Quality's Clinical Classification Software; level 2 principal diagnosis code 3.2 (diabetes mellitus without complications) & 3.3 (diabetes mellitus with complications) included.

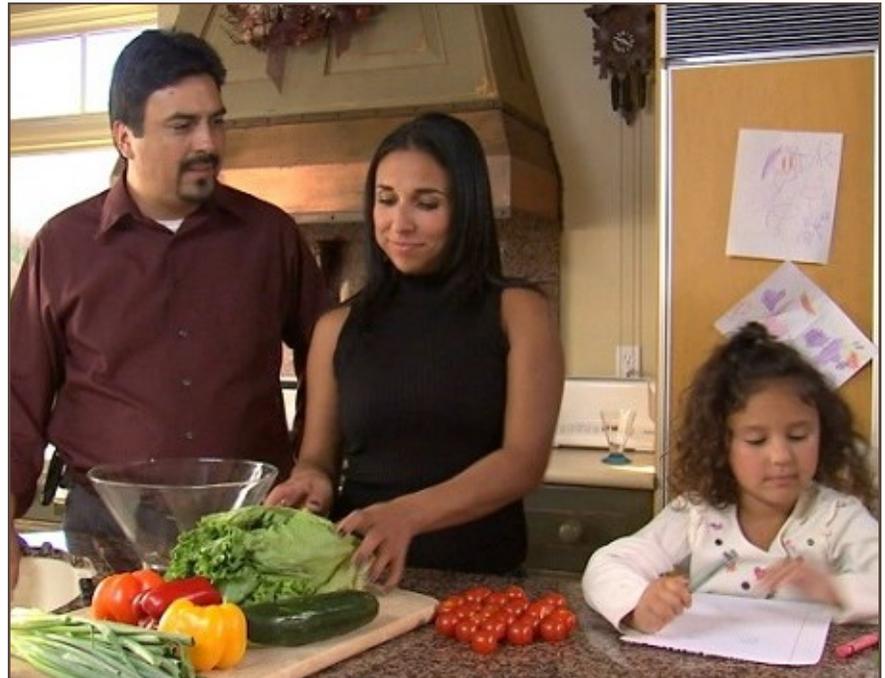


In 2013, Nevada's American Indian/Alaska Native population had the highest proportion of inpatient hospital discharges relating to diabetes care (33%), followed by Arizona (21%) and Utah (14%).

Table 1: Inpatient Hospital Discharges for Diabetes by State and Year

Year	Arizona (n)	Arizona (%)	Nevada (n)	Nevada (%)	Utah (n)	Utah (%)
2009	4,701	18.7	338	20.0	91	14.8
2010	4,916	19.1	383	21.3	126	20.8
2011	4,760	18.1	378	20.7	90	14.5
2012	4,735	18.1	513	23.1	76	17.8
2013	4,567	17.8	892	21.4	64	19.0

Diabetes is preventable. Reducing unhealthy behaviors, such as lack of exercise or physical activity, poor nutrition, commercial tobacco use, and drinking too much alcohol, may decrease your risk of getting diabetes.



SYMPTOMS OF DIABETES INCLUDE:

- ◆ Feeling more tired than usual
- ◆ Extreme thirst
- ◆ Urinating more than usual
- ◆ Blurry vision or other vision changes
- ◆ Feeling hungrier than usual
- ◆ Losing weight without trying
- ◆ Sores that are slow to heal
- ◆ Dry, itchy skin
- ◆ Tingling in the hands or feet
- ◆ More infections than usual

In Arizona and Utah, the majority of inpatient hospital discharges for diabetes occurred among people in the 50 to 64 year age group. All three states for all years showed a higher proportion of female inpatient hospital discharges than male during 2009 - 2013.

Figure 2: Inpatient Hospital Discharges for Diabetes by Age, State, and Year

