Prediabetes in Maryland 2014

What is Prediabetes?

Prediabetes is the condition where blood glucose levels are higher than normal, but not high enough to be diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, and are at higher risk of heart disease and stroke.

Prediabetes Prevalence in Maryland

In Maryland, 10.5% of adults are aware that they have prediabetes. The CDC notes that 9 of 10 adults do not know they have prediabetes. People at risk for type 2 diabetes can prevent or delay the disease my making modest lifestyle changes that include weight loss and physical activity. These two factors improve the body's ability to use and process glucose. [2]

Diabetes Testing in Maryland

Testing to detect diabetes is recommended for adults of any age who are overweight or obese (BMI ≥ 25, or ≥ 23 in Asian Americans) and who have one or more additional risk factors for diabetes. For all others, especially those who are overweight, testing should begin at age 45. If tests are normal, repeat testing should be done every 3 years. [3]

Prediabetes Prevalence and Prevalence of Diabetes Screening Among Maryland Adults (MD BRFSS 2014 [1])

Prediabetes Prevalence*		
	Prevalence (95% CI)	
Overall	10.5%	(9.5-11.6)
Gender		
Male	9.9%	(8.4-11.5)
Female	11.1%	(9.7-12.5)
Race		
White - Non-Hispanic	9.6%	(8.4-10.8)
Black - Non-Hispanic	12.4%	(10.1-14.6)
Hispanic, Other, Multiracial	10.1%	(6.9-13.4)
Age		
18 to 44	5.8%	(4.2-7.5)
45 to 54	13.9%	(11.3-16.4)
55 to 64	15.4%	(13.0-17.7)
65+	14.9%	(13.2-16.7)
Weight Status		
Normal Weight	5.0%	(3.8-6.1)
Overweight	9.8%	(8.2-11.5)
Obese	18.0%	(15.5-20.5)
Health Insurance		
Has insurance	10.8%	(9.8-11.9)
No insurance	8.5%	(3.7-13.3)

Diabetes Testing Prevalence*		
	Prevalence (95% CI)	
Overall	58.9%	(57.1-60.7)
Gender		
Male	55.1%	(52.2-57.9
Female	62.4%	(60.1-64.7)
Race		
White - Non-Hispanic	60.6%	(58.5-62.7)
Black - Non-Hispanic	62.0%	(58.2-65.8)
Hispanic, Other, Multiracial	48.3%	(42.9-53.7)
Age		
18 to 44	47.3%	(44.1-50.5)
45 to 54	65.2%	(61.8-68.7)
55 to 64	71.8%	(68.9-74.8)
65+	72.5%	(69.9-75.0)
Weight Status		
Normal Weight	50.3%	(47.1-53.5)
Overweight	60.6%	(57.6-63.7)
Obese	69.4%	(66.0-72.9)
Health Insurance		
Has insurance	61.4%	(59.6-63.2)
No insurance	38.5%	(31.0-45.9)

*Not asked of survey respondents who reported having been told they have diabetes.

The National Diabetes Prevention Program's goal is to reduce the risk of developing diabetes by achieving and maintaining 1) a 7% loss of initial body weight and 2) 150 minutes of moderate physical activity per week.

For more information for where to find diabetes prevention programs in Maryland, visit http://phpa.dhmh.maryland.gov/dpcp/

[1] 2014 Maryland Behavioral Risk Factor Surveillance System, www.maryland.brfss.org

[2] National Diabetes Prevention Research Study: Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin, Knowler, et al., N. Engl J Med, Feb 7, 2002; 346 (6): 393-403

[3] American Diabetes Association Standards of Medical Care in Diabetes, Volume 38, Supplement 1, January 2015