

# Santa Cruz County 2003 Health Almanac

## Diabetes

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### Agencies and Information Sources

**Santa Cruz County (SCC) Health Services Agency** - <http://www.santacruzhealth.org/>  
The Health Services Agency (HSA) exists to protect and improve the health of the people in Santa Cruz County. The Agency provides programs in Environmental Health, Public Health, Medical Care, Substance Abuse Prevention and Treatment, and Mental Health.

**California Department of Health Services** - <http://www.dhs.ca.gov/default.htm>  
To Protect and Improve the Health of All Californians

**California Health Interview Survey** - <http://www.chis.ucla.edu/index.html>  
The California Health Interview Survey (CHIS) is the largest state health survey conducted in the United States. Every two years, UCLA's Center for Health Policy Research's CHIS plans to collect information on the health and health care needs of California's diverse population. In April 2003 UCLA's Center for Health Policy Research and the California Endowment issued a report entitled "[Diabetes in California: Findings from the 2001 California Health Interview Survey](#)". For additional information about this report see below.

**Centers for Disease Control and Prevention** - <http://www.cdc.gov/default.htm>  
CDC's Mission is to promote health and quality of life by preventing and controlling disease, injury, and disability.

#### Diabetes Specific Sites:

CDC: <http://www.cdc.gov/diabetes/faqs.htm>

The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. The mission of the organization is to prevent and cure diabetes and to improve the lives of all people affected by diabetes

<http://www.diabetes.org/main/application/commercewf>

**National Diabetes Education Program (NDEP)** [www.ndep.nih.gov](http://www.ndep.nih.gov)

**California Diabetes Prevention and Control Program** [www.caldiabetes.org](http://www.caldiabetes.org)

**Santa Cruz County Network of Care** - <http://santacruz.networkofcare.org/aging/>

Network of Care was created with a California Department of Aging innovation grant. The project is part of a broad effort by our county to improve and better coordinate long-term care services locally. This comprehensive, Internet-based resource is for the elderly and people with disabilities, as well as their caregivers and service providers.

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### Frequently Asked Questions per CDC

It is very important for people who think they might have diabetes to visit a personal health care practitioner. The questions and answers on this site can't take the place of a personal consultation.

National Diabetes Fact Sheet

National Diabetes Fact Sheet: National Estimates and General Information on Diabetes in the United States, 2002 See: <http://www.cdc.gov/diabetes/pubs/factsheet.htm>

### Diabetes in California: Findings from the 2001 California Health Interview Survey see: <http://www.healthpolicy.ucla.edu/pubs/publication.asp?pubID=68>

April 2003

Allison L. Diamant, Susan H. Babey, E. Richard Brown, Neetu Chawla

This report and policy brief, prepared by the UCLA Center for Health Policy Research, are the first publications on diabetes prevalence among Californians using data from the 2001 California Health Interview Survey (CHIS 2001). They present findings at the state and county levels on the prevalence of diabetes, access to medical care, diabetes care and management, and "at risk" populations as well as implications for policy.

The study and development of the report and brief were funded by a grant from The California Endowment.

The authors are Allison L. Diamant, MD, MSHS, an assistant professor in the Division of Internal Medicine and Health Services at the UCLA School of Medicine and a faculty associate of the UCLA Center for Health Policy Research; also from the Center are Susan H. Babey, PhD, research scientist; E. Richard Brown, Center director and professor in the UCLA School of Public Health; and Neetu Chawla, MPH candidate and graduate student researcher.

Among the key findings are:

More than 1.4 million California adults (5.9%) and 12,000 adolescents ages 12-17 (0.4%) have been diagnosed with diabetes. Among adults ages 50-64, diabetes prevalence was significantly higher among African Americans (20.5%), Latinos (17.9%), and American Indians and Alaska Natives (AIAN) (19.6%) than Asians and Native Hawaiians and other Pacific Islanders (NHOP) (10.9%) and whites (8.3%).

In California, 1.8 million adults not diagnosed with diabetes (8.2%) were at significant risk for developing diabetes because they were sedentary in conjunction with being overweight or obese. An additional 176,000 (6.0%) adolescents not diagnosed with diabetes were at risk because they did not participate in regular physical activity and were overweight or at risk for being overweight.

Recommended policy actions include:

The California Endowment joins the UCLA Center for Health Policy Research in calling for policy recommendations aimed at preventing obesity, ensuring access to preventative health care, and promoting effective diabetes management.

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### Data

(All figures are for U.S.)

Deaths Annually: **69,301 (2000)**

Age-Adjusted Death Rate: **25.2 deaths per 100,000 population (2000)**

Cause of Death Rank: **6 (2000)**

Number of Hospital Discharges: **545,000 (1999)**

Average Length of Hospital Stay: **5.4 days (1999)**

Number of Americans With Diabetes: 10 million (1997)

Number of Office Visits: **23.6 million (2000)**

<http://www.cdc.gov/nchs/fastats/diabetes.htm>

### Adults Ever Diagnosed With Diabetes by Total and Gender CHIS 2001

	Ever Diagnosed With Diabetes	
	Yes	No
California--Total (Adults)	5.9	94.1
Santa Cruz	3.9	96.1
California--Male	6.1	93.9
Santa Cruz county--Male	6.1	93.9
California--Female	5.7	4.3
Santa Cruz	3.8	96.2

### Adults Ever Diagnosed With Diabetes by Race/Ethnicity CHIS 2001

	Ever Diagnosed With Diabetes	
	Yes	No
California--White	5.6	94.4
Santa Cruz County--White	3.6	96.4
California--Black	10.3	89.7
Santa Cruz County--Black	.	100.0
California--Latino	6.0	94.0
Santa Cruz	*7.1	92.9
California--Asian	4.7	95.3
Santa Cruz county--Asian	.	100.0
California--Am. Ind.	9.3	90.7
Santa Cruz County--Am.	.	.
California--Other	6.9	93.1
Santa Cruz County--Other	.	100.0

\*Statistically unstable

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### Adults Ever Diagnosed With Diabetes by Poverty Level CHIS 2001

	Ever Diagnosed With Diabetes	
	Yes	No
California--0 - 99%	7.8	92.2
Santa Cruz County--0 -	*4.1	95.9
California--100 - 199%	7.6	92.4
Santa Cruz	10.8	89.2
California--200 - 299%	6.9	93.1
Santa Cruz	.	97.6
California--300%+	4.5	95.5
Santa Cruz	2.1	97.9

Statistically unstable

### THE BURDEN OF DIABETES IN SANTA CRUZ COUNTY

See: <http://www.caldiabetes.org/index.cfm>

### CA/Latino Diabetes Fact Sheet

See: [http://www.healthpolicy.ucla.edu/pubs/files/LatinoDiabetes\\_FactSheet.pdf](http://www.healthpolicy.ucla.edu/pubs/files/LatinoDiabetes_FactSheet.pdf)