

Cardiovascular Disease (high cholesterol and high blood pressure) among Persons with Diabetes

High cholesterol-

Optimal cholesterol levels are:

HDL (“Good”) greater than 60,

LDL (“Bad”) less than 100,

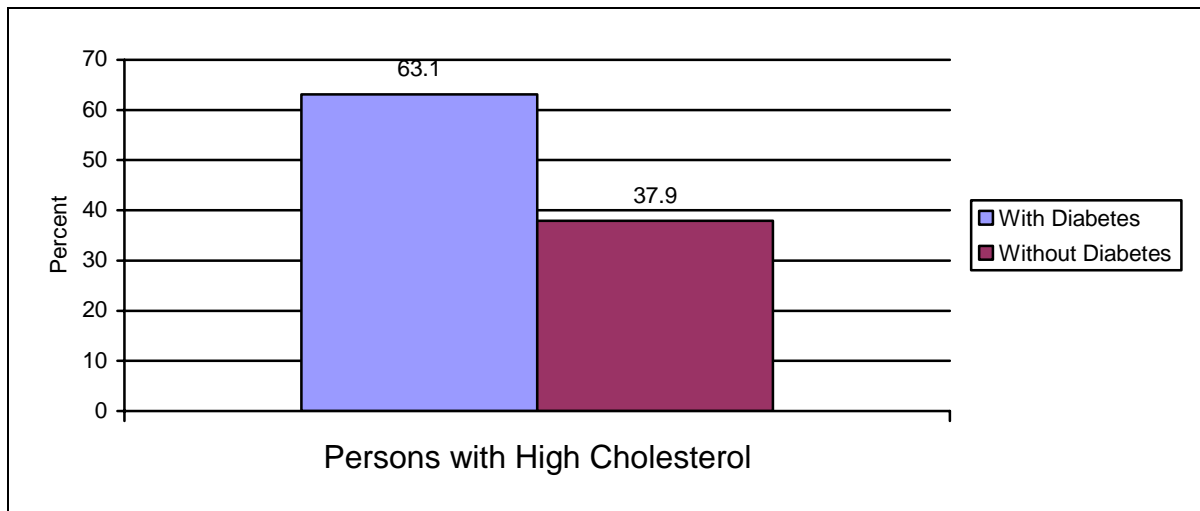
Triglycerides less than 150, and

Total cholesterol less than 200.

LDL cholesterol over 100, or total cholesterol over 200, is considered high.

- In 2006, 40.1% of all adult Virginians had high cholesterol.
- In 2006, 63.1% of adults with diabetes had high cholesterol as compared to 37.9% of adults without diabetes. Persons with diabetes are 1.7 times more likely to have high cholesterol than persons without diabetes.

High Cholesterol by Diabetes Status in Virginia, 2006



Healthy People 2010 Objective:

(12-14) Reduce the proportion of adults with high total blood cholesterol levels to 17%. HP2010 data are not analyzed specific to persons with diabetes.

American Diabetes Association Recommendation:

Recommended total cholesterol, Triglycerides, LDL, and HDL count every year for persons with diabetes.

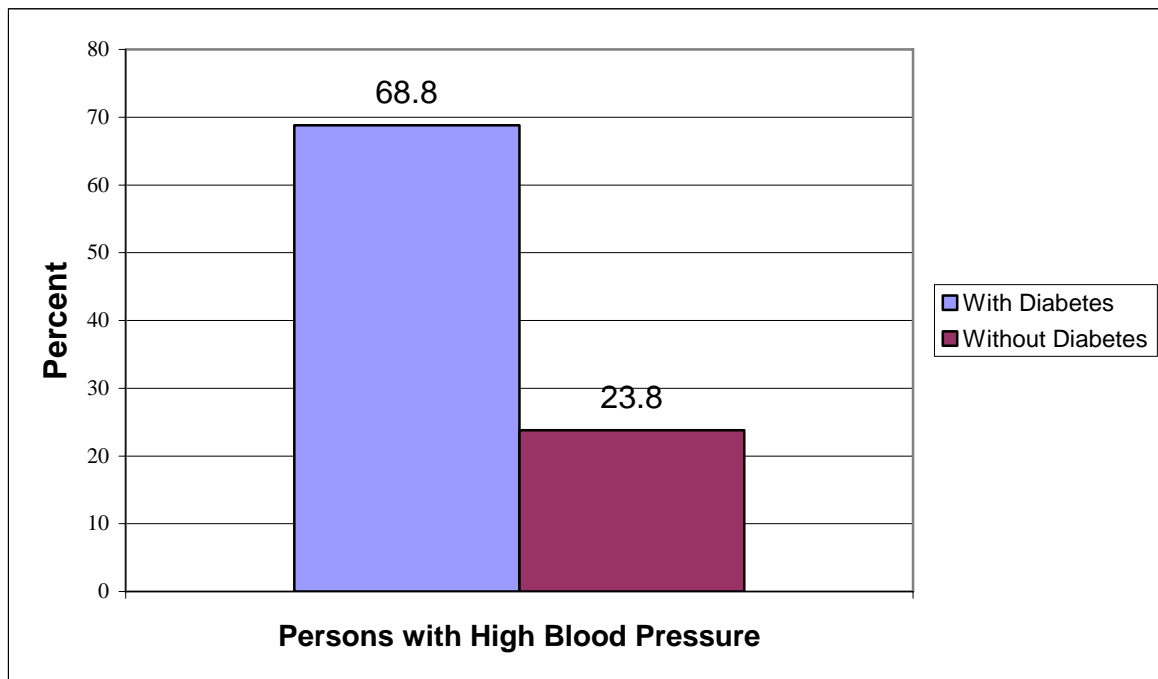
Sources: U.S. Department of Health and Human Services; VA BRFSS, 2006
Data Note: Percents are weighted towards annual population estimates.

High Blood Pressure-

Defined as blood pressure greater than 120-139 (systolic) or greater than 80-89 (diastolic).

- In 2005, 26.8 percent of all adult Virginians had high blood pressure.
- In 2005, 68.8 percent of adults with diabetes had high blood pressure as compared to 23.8 percent of adults without diabetes. Persons with diabetes are 2.9 times more likely to have high blood pressure than those without diabetes.

High Blood Pressure by Diabetes Status in Virginia, 2005*



Healthy People 2010 Objective:

(12-9) Reduce the proportion of adults with high blood pressure to 16 percent. HP2010 data are not analyzed specific to persons with diabetes.

American Diabetes Association Recommendation:

Recommended a blood pressure measurement be taken with every office visit.

Sources: U.S. Department of Health and Human Services, National Institutes of Health- National Heart, Lung, and Blood Institute; VA BRFSS, 2005.

Data Notes: *High blood pressure question not asked in Virginia BRFSS in 2006.
Percents are weighted towards annual population estimates.