

Foot Exam

According to the Centers for Disease Control and Prevention (CDC), diabetes is the leading cause of non-traumatic lower extremity amputations. Persons with diabetes should have a comprehensive foot exam annually that includes checking pulses and sensation, evaluating general foot structure, and checking skin and nails for abnormalities.

In Virginia, in 2006, 72 percent of adults with diabetes received an annual foot exam.

Baseline 1999	2000	2001	2002	2003	2004	2005	2006
59%	61.6%	62.5%	69.8%	72.2%	72.9%	72.9%	72.0%

Healthy People 2010 Objective:

(5-14) Increase the proportion of adults with diabetes who have at least an annual foot examination to 91 percent.

American Diabetes Association Recommendation:

A comprehensive foot exam should be performed annually on patients with diabetes.

Sources: CDC Diabetes Indicators and Data Source Internet Tool, 2007; National Diabetes Education Program's, *Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists and Dental Professionals*; VA BRFSS, 1999-2006

Data Note: Percents are weighted towards annual population estimates and age-adjusted. All years prior to 2003 contain aggregated data over a three-year period due to insufficient sample size.