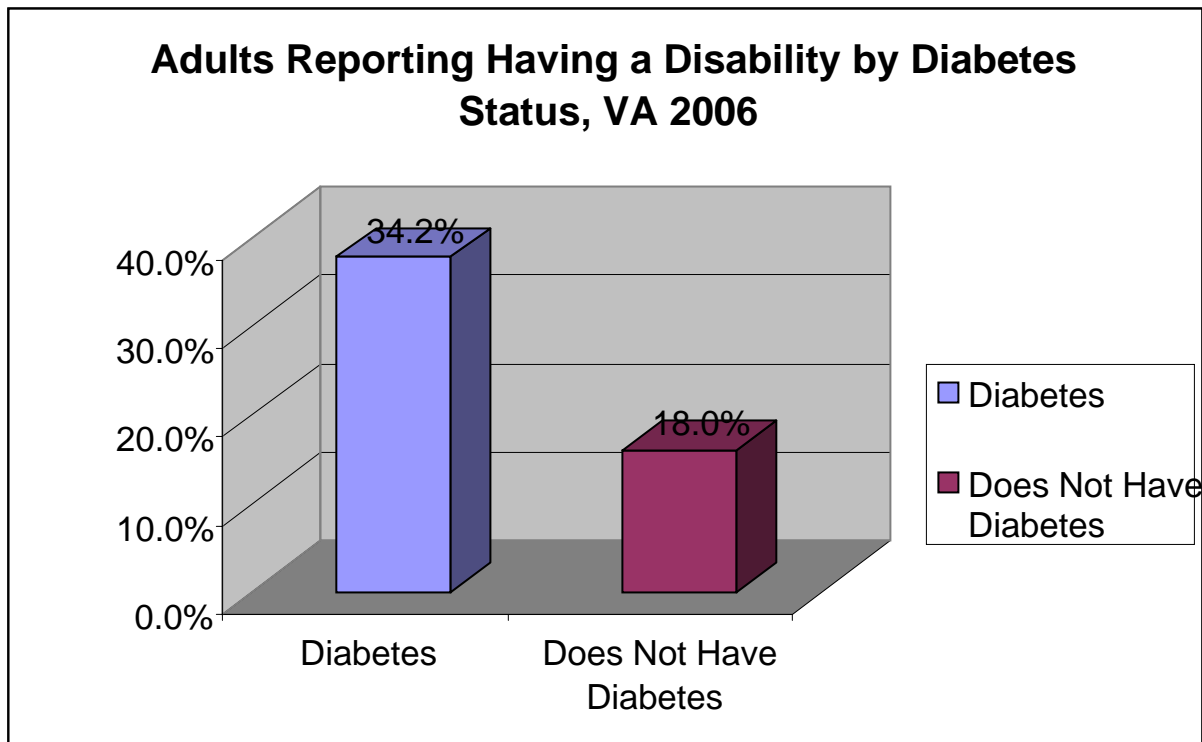


Prevalence of Disabilities in Adults with Diabetes

Adults with diabetes report having a physical or mental disability at a higher rate than adults without diabetes. The specific Virginia Behavioral Risk Factor Surveillance System (BRFSS) question asked to assess a 'disability' is: Are you limited in any way in any activities because of physical, mental, or emotional problems? In Virginia, the overall prevalence rate for all persons with disabilities is 19.3%.

- Relative risk analysis of 2006 BRFSS data reveal that adults with diabetes are almost two times more likely to report having a disability than those without diabetes.
- In 2006, 34.2% of adults with diabetes reported having a disability as compared to only 18.0% of adults without diabetes.



Source: BRFSS, VA 2006; Data Note: Percents are weighted towards annual population estimates.

Diabetes and Mental Health Disabilities

The prevalence of a mental health disorder, specifically anxiety and depression, can be measured by the BRFSS survey. Rates are based on responses to the following questions asked in 2006:

- “Has a doctor or other healthcare provider EVER told you that you had an anxiety disorder (including acute stress disorder, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, and social anxiety disorder)?”
- “Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (incl. depression, major depression, dysthymia, and minor depression)?” Adults with a depressive disorder were **57%** more likely to report having diabetes (excluding pre-diabetes or gestational diabetes).

Findings indicate that there is a significant relationship between having diabetes and having depression. Those with diabetes had a prevalence rate of depression of 10.9% as compared to those without diabetes who only had a rate of 6.9%.

There was no relationship between anxiety disorder and diabetes, as both those with and without diabetes had an anxiety prevalence rate of 7.5%.

Mental Health Disorder and Diabetes, Adults 18 and Older, Virginia, 2006

