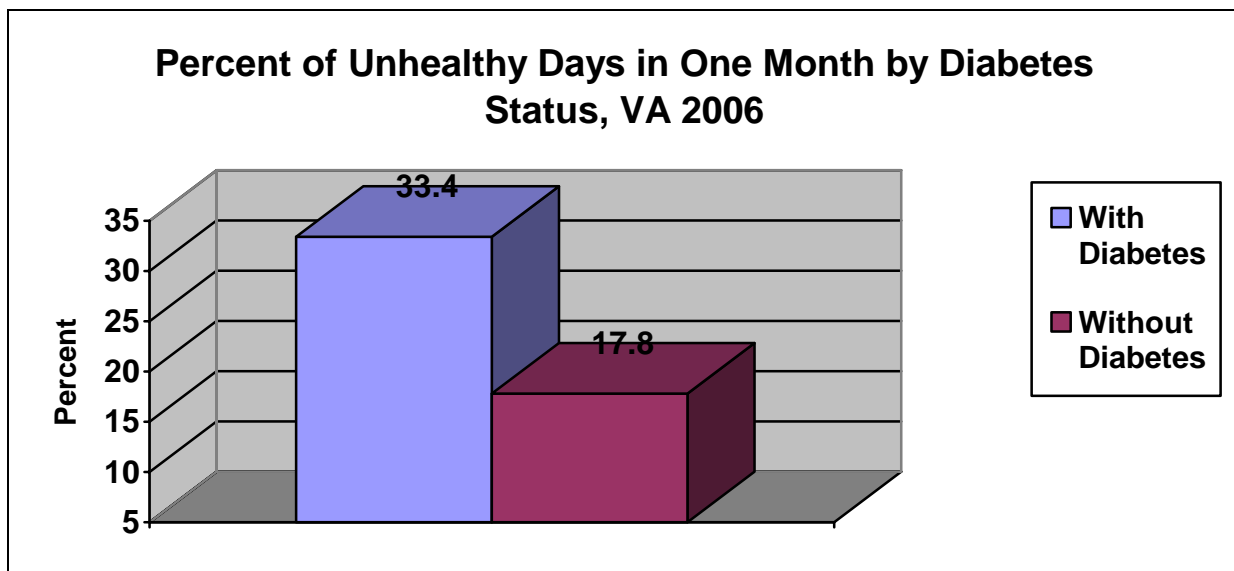


Unhealthy Days among Adults with Diabetes

According to the Centers for Disease Control and Prevention (CDC), persons with diabetes are at increased risk for complications that result in lower extremity amputations, blindness, and other types of physical disability in addition to increased stress, depression, and emotional problems that may be associated with unhealthy days. The CDC defines 'unhealthy days' among adults with diabetes as the combination of days that an adult reports experiencing poor physical or poor mental health in the past month, totaling **over 15 days**.

- Adults with diabetes in Virginia are about two times more likely to report having more than 15 unhealthy days in one month than adults without diabetes.
- In Virginia in 2006, 33.4% of adults with diabetes reported having 'unhealthy days' as compared to only 17.8% of adults without diabetes.



Sources: CDC Diabetes Indicators and Data Source Internet Tool for definition of unhealthy days among persons with diabetes; VA BRFSS, 2006

Data Note: Percents are weighted towards annual population estimates.