



New York State Behavioral Risk Factor Surveillance System Brief

The Behavioral Risk Factor Surveillance System is an annual telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several United States Territories. The New York Behavioral Risk Factor Surveillance System is administered by the New York State Department of Health to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

Diabetes

New York State Adults, 2022



Introduction

Diabetes is a chronic disease in which blood sugar (glucose) levels are above normal. Insulin, a hormone made by the pancreas, helps blood sugar enter the body's cells for use as energy. In type 1 diabetes, the pancreas fails to produce insulin. In type 2 diabetes, the cells of the body become resistant to insulin.¹ Type 2 diabetes accounts for about 90%-95% of all diagnosed cases and type 1 diabetes accounts for about 5%-10%.²

Diabetes is complicated and can be overwhelming to manage in everyday life. Poorly managed diabetes can lead to complications such as heart disease, stroke, kidney disease, vision loss, and nerve damage.³ Diabetes is also a very costly disease. Medical spending for people with diagnosed diabetes is more than double compared to those without diabetes.⁴

Diabetes self-management education and support is an evidence-based program covered by Medicare, New York State Medicaid, and commercial health insurance. Participation in diabetes self-management education and support programs can help people build the confidence to manage their diabetes, prevent or delay complications, and live longer and healthier lives.⁵

Health Equity

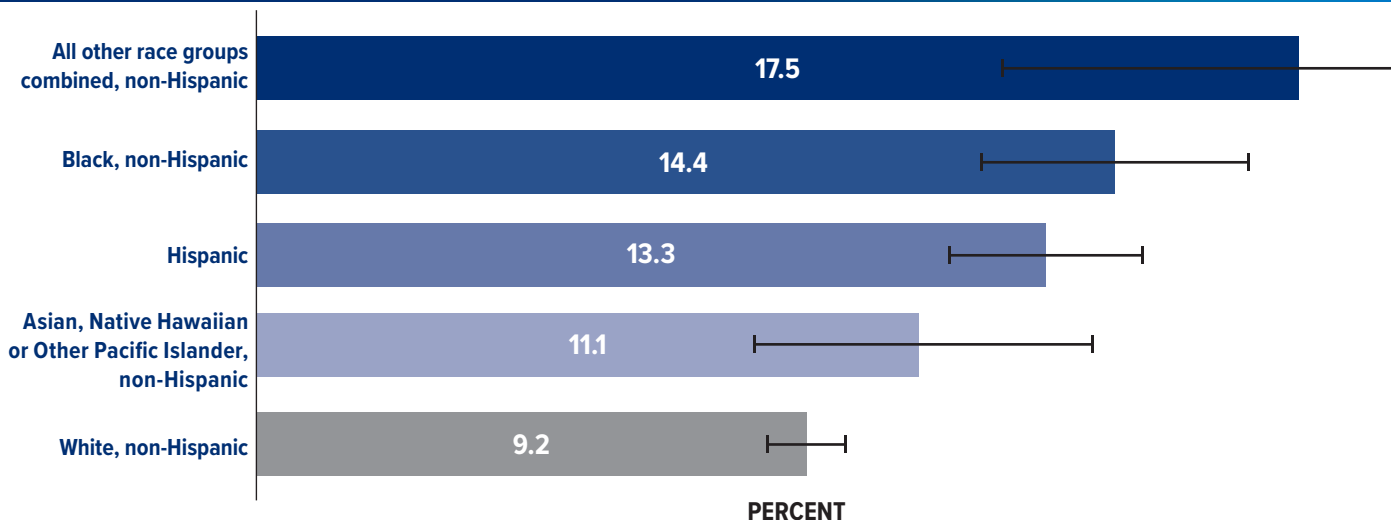
The burden of diabetes in the population is not equitable. Rates of diabetes are higher among non-Hispanic Black adults, Hispanic adults, and non-Hispanic adults who identify as multiracial, Native American or Alaska Native (all other race groups combined, Non-Hispanic). Diabetes is also more common among adults with lower income, adults with less educational attainment, and adults living with a disability. Social determinants of health, including lack of access to healthy food and safe places for physical activity and housing instability, contribute to disparities in the burden of diabetes. These social determinants of health are the result of structural racism, laws, policies, institutional practices, and entrenched norms that lead to the inequitable treatment of people based on race.⁶ The New York State Department of Health remains committed to achieving equity in diabetes outcomes by improving diabetes detection and increasing access to and participation in diabetes self-management education and support programs so that those with diabetes can achieve optimal health.

Key Findings

- An estimated 1.8 million adult New Yorkers (11.3%) have diagnosed diabetes.
- The prevalence of diabetes is higher among all other race groups combined, non-Hispanic (17.5%), Black, non-Hispanic adults (14.4%), and Hispanic adults (13.3%) when compared to White, non-Hispanic adults (9.2%) (Figure 1).
- The prevalence of diabetes decreases as annual household income increases. Adults with an annual household income of less than \$25,000 are most likely to be diagnosed with diabetes (17.3%) (Figure 2). Adults with less than a high school education are more likely to have diabetes (19.1%) than those who graduated from college (7.3%) (Figure 2).
- Adults with obesity are more likely to have diabetes (18.8%) compared to adults with overweight (11.4%) or those with neither overweight nor obesity (5.4%).
- Diabetes is more prevalent among adults enrolled in Medicare (20.1%), those enrolled in other insurance (15.7%), or those enrolled in Medicaid (13.6%) compared to those with private insurance (6.6%).
- Diabetes increases with age and is most common among adults aged 65 years and older (22.8%).
- The prevalence of diabetes among adults living with disability (20.6%) is two and a half times more than those living without disability (8.0%).

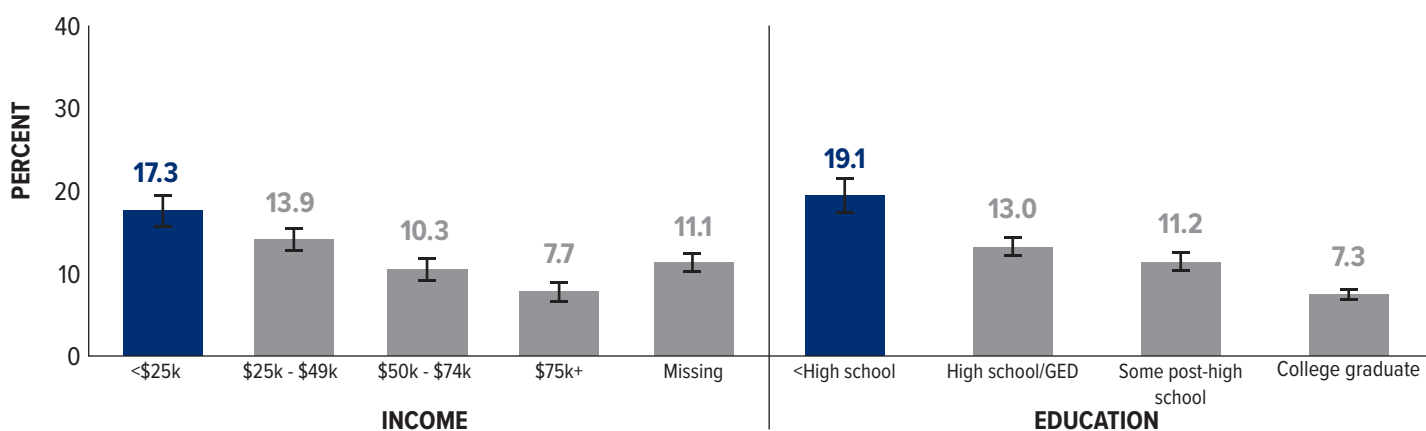


Figure 1. Percent of Diagnosed Diabetes* Among New York State Adults by Race/Ethnicity, Behavioral Risk Factor Surveillance System 2022



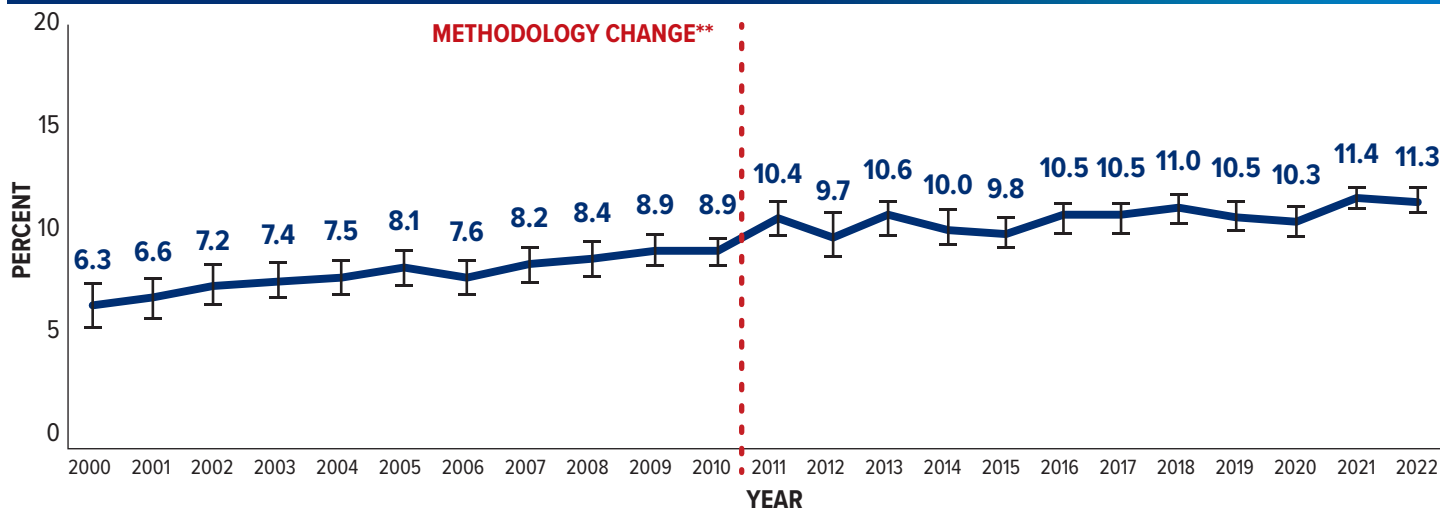
*Excludes reported gestational diabetes, prediabetes, or borderline diabetes. Error bars represent 95% Confidence Interval.

Figure 2. Percent of Diagnosed Diabetes* Among New York State Adults by Annual Household Income and Educational Attainment, Behavioral Risk Factor Surveillance System 2022



*Excludes reported gestational diabetes, prediabetes, or borderline diabetes. Error bars represent 95% Confidence Interval.

Figure 3. Percent of Diagnosed Diabetes* Among New York State Adults, Behavioral Risk Factor Surveillance System 2000-2022**



*Excludes reported gestational diabetes, prediabetes, or borderline diabetes. Error bars represent 95% Confidence Interval.

**Because of BRFSS methodology changes to account for the increasing proportion of cellular telephone-only households and declining response rates, 2011 and later reports are not comparable to prior years (http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6122a3.htm?s_cid=mm6122a3_w).

Table 1. Diagnosed Diabetes^a Among New York State Adults, Behavioral Risk Factor Surveillance System 2022

	Diabetes ^a	
	% ^b	95% CI ^b
New York State [n=17,800]	11.3	10.6 - 12.0
Sex^c		
Female	10.8	9.8 - 11.8
Male	11.9	10.9 - 12.8
Age (Years)		
18-24	2.1	0.8 - 3.4
25-34	2.2	1.3 - 3.1
35-44	5.7	4.5 - 7.0
45-54	10.4	8.8 - 12.1
55-64	17.4	15.4 - 19.4
65+	22.8	20.9 - 24.7
Race/ethnicity		
Asian, Native Hawaiian or Other Pacific Islander, non-Hispanic	11.1	8.2 - 14.1
Black, non-Hispanic	14.4	12.4 - 16.4
Hispanic	13.3	11.6 - 15.1
White, non-Hispanic	9.2	8.5 - 9.9
All other race groups combined, non-Hispanic ^d	17.5	11.2 - 23.9
Annual household income		
Less than \$25,000	17.3	15.0 - 19.6
\$25,000-\$49,999	13.9	12.0 - 15.8
\$50,000-\$74,999	10.3	8.5 - 12.2
\$75,000 and greater	7.7	6.7 - 8.7
Missing ^e	11.1	9.7 - 12.4
Educational attainment		
Less than high school	19.1	16.3 - 21.9
High school or GED	13.0	11.5 - 14.5
Some post-high school	11.2	9.9 - 12.5
College graduate	7.3	6.5 - 8.1
Weight status		
Neither overweight nor obese	5.4	4.4 - 6.4
Overweight	11.4	10.1 - 12.7
Obese	18.8	17.2 - 20.4
Health care coverage type		
Private	6.6	5.9 - 7.4
Medicare	20.1	18.2 - 22.0
Medicaid	13.6	11.4 - 15.8
Other insurance ^f	15.7	11.6 - 19.9
No coverage	7.2	4.8 - 9.7
Disability status^g		
Yes	20.6	18.8 - 22.4
No	8.0	7.3 - 8.7
Region		
New York City	11.3	10.3 - 12.4
New York State exclusive of New York City	11.3	10.4 - 12.2

Notes: ^aDoes not include reported gestational diabetes, prediabetes, or borderline diabetes. ^b% = Weighted Percentage; CI = Confidence Interval; When comparing estimates, the 95% confidence interval (95% CI) provides the statistical range containing the true population percentage with a 95% probability. Although a 95% confidence interval is not a test of statistical significance, categories whose 95% confidence intervals do not overlap can be considered significantly different. ^cBased on the respondent's sex at birth. If sex at birth is missing, then the respondent's sex is based on gender identity at time of the interview. ^dAll other race groups combined, non-Hispanic includes American Indian or Alaska Native, and Multiracial. ^e"Missing" category included because more than 10% of the sample did not report income. ^fOther insurance includes Children's Health Insurance Plan (CHIP), TRICARE, VA/Military, Indian Health Service, state sponsored health plan, or other government plan. ^gAll respondents who reported at least one type of disability (cognitive, mobility, vision, self-care, independent living, or deafness).



References

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2. Diabetes Basics. Centers for Disease Control and Prevention. Last reviewed May 15, 2024. Accessed October 1, 2024. <https://www.cdc.gov/diabetes/about/>.
3. Diabetes Complications. Centers for Disease Control and Prevention. Last reviewed May 15, 2024. Accessed October 1, 2024. <https://www.cdc.gov/diabetes/complications/>.
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Behavioral Risk Factor Surveillance System Questions

Diagnosed Diabetes

1. Have you ever been told by a doctor that you have diabetes? [If “Yes” and respondent is female, ask:]
2. Was this only when you were pregnant? Gestational (pregnancy-related) diabetes, prediabetes, and borderline diabetes were not counted as diabetes cases in the calculation of prevalence estimates.



Suggested Citation

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Program Contributions

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