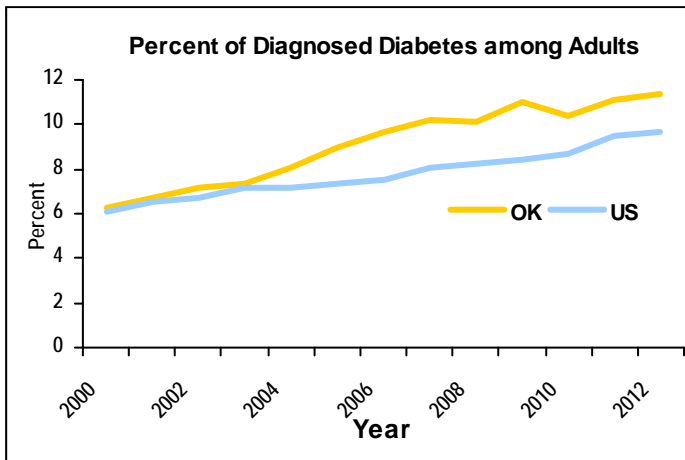


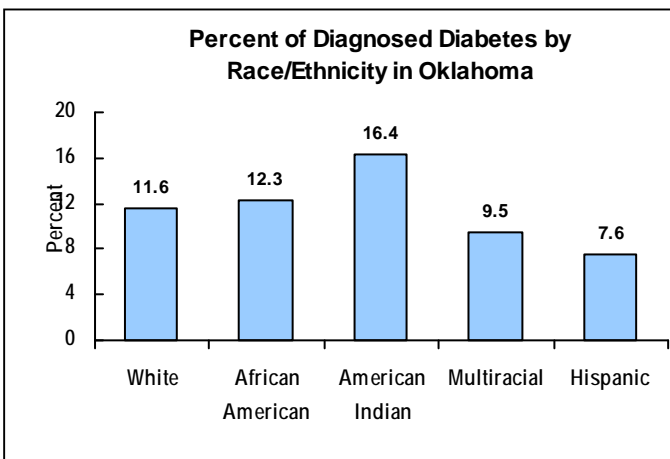
# DIABETES

## In Oklahoma

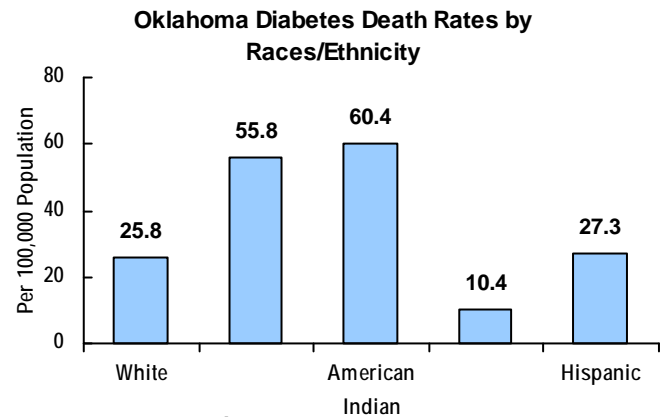
- ◇ In 2012, about 329,100 Oklahomans 18 years and older were diagnosed with diabetes.
- ◇ Males were more frequently diagnosed with diabetes than females in 2012 in Oklahoma.



- ◇ The percent of the adult population being diagnosed with diabetes has been increasing at a faster rate in Oklahoma than in the US. (see graph above)
- ◇ American Indians in Oklahoma have been diagnosed more frequently and die from diabetes at the highest rate of any other race or ethnic group in the state.



- ◇ Nearly one in every four seniors (65 years and older) in Oklahoma has been diagnosed with diabetes.
- ◇ Diabetes was the seventh leading cause of death in the nation for 2010. It was the sixth leading cause of death in Oklahoma.



- ◇ There were 7,007 hospital admissions with diabetes as a primary diagnosis in 2012, with charges totaling \$206.7 million.
- ◇ During the past decade, hospital admission numbers for diabetes increased by 21.1%, while charges increased by 176.6% from 2002.
- ◇ African Americans had much higher hospitalization rate with diabetes as the principle diagnosis.

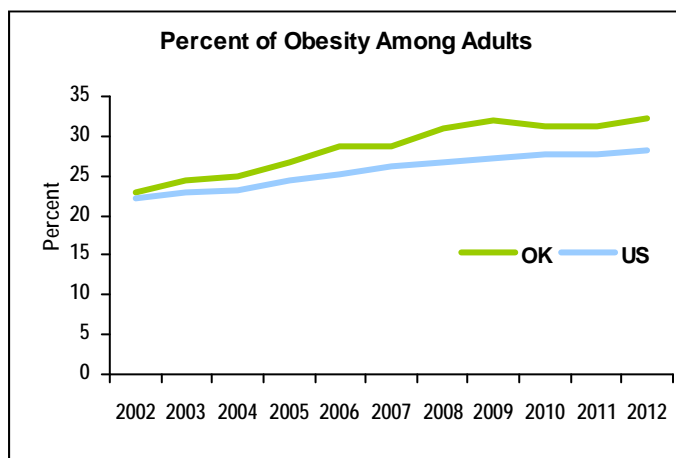
In 2012, Oklahoma ranked 9th for the percent of the adult population diagnosed with diabetes.

Information on this fact sheet was based on the data from the Oklahoma Behavior Risk Factor Surveillance System, Vital Records, and Oklahoma Hospital discharge data.



### Adult Obesity

- ◊ Oklahoma adults reported the sixth highest percentages of obesity (BMI $\geq$ 30) in the nation in 2012 (32.2%). The national average was 28.1%.
- ◊ In addition to obesity, there were another 35.6% of adults in Oklahoma who reported in 2012 they were overweight (25 $\leq$ BMI<30).
- ◊ In 2012, 45.5% of African American adults in Oklahoma reported that they are obese, which was significantly higher than Whites.
- ◊ Adults with lower socioeconomic status reported higher percentages of obesity.



### Child Obesity

- ◊ 33.9% of Oklahoma children age 10-17 years were overweight or obese in 2011-2012, based on their Body Mass Index (BMI).
- ◊ Oklahoma males tended to be slightly more overweight or obese than females (38.5% vs. 29.0%).

- ◊ African American children age 10-17 years had higher percentages of being overweight or obese than white children (45.7% vs. 29.2%) in 2012.

### Physical Activity

- ◊ 1 out of 4 Oklahoma adults did NOT participate in any leisure-time physical activity in 2012.
- ◊ Females tended to be less active than males (29.1% vs. 27.4%).
- ◊ Hispanic adults were less active than Whites. (27.7% vs 37.2%).
- ◊ Adults with lower socioeconomic status (lower income, less education) tended to report less physical activity in their leisure time.
- ◊ Less than half of Oklahoma adults participated in 150 minutes or more of aerobic physical activity per week in 2011, lower than the 51.6% national average.
- ◊ Fewer than 1 out of 4 adults in Oklahoma participated in muscle strengthening exercises more than twice per week in 2011, which was lower than the national average. Of almost 1 out of 3 adults.

Oklahoma ranks sixth in the U.S. for the percentage of adults who are obese and eighth for the percentage of the adult population that lack physical activity.

