



DIABETES IN CALIFORNIA

STUDY FACT SHEET

WHAT

Diabetes in California: Findings from the 2001 California Health Interview Survey is the first report on diabetes prevalence among Californians using data from the 2001 California Health Interview Survey (CHIS 2001). The report presents findings on the prevalence of diabetes, access to medical care, diabetes care and management, and “at risk” populations as well as implications for policy. Also available is *Diabetes in California: Nearly 1.5 Million Diagnosed and 2 Million More at Risk*, a policy brief that summarizes the diabetes report.

WHO

The study was conducted by the UCLA Center for Health Policy Research. The authors are Allison L. Diamant, MD, MSHS, an assistant professor in the Division of Internal Medicine and Health Services at the UCLA School of Medicine and a faculty associate of the UCLA Center for Health Policy Research; Susan H. Babey, PhD, research scientist at the UCLA Center for Health Policy Research; E. Richard Brown, PhD, director of the UCLA Center for Health Policy Research and professor in the UCLA School of Public Health; and Neetu Chawla, an MPH candidate and graduate student researcher at the UCLA Center. The study and development of the report and brief were funded by a grant from The California Endowment.

WHY

California’s high diabetes prevalence rates translate not only into increased personal suffering and death but also public costs to treat this chronic, incurable condition. The situation is even more alarming in light of record-high levels of childhood obesity and inactivity, key predictors of diabetes that place California’s next generation at serious risk.

HOW AND WHEN

The UCLA Center for Health Policy Research used data from over 55,000 California households collected in the 2001 California Health Interview Survey (CHIS 2001). CHIS is a new source of health information on the health of Californians and provides the most comprehensive information on the state’s diverse racial and ethnic and geographic populations. The diabetes in California report and policy brief were released on April 30, 2003 and can be obtained at www.healthpolicy.ucla.edu and www.calendow.org.

KEY FINDINGS

- More than 1.4 million California adults (5.9%) and 12,000 adolescents ages 12-17 (0.4%) have been diagnosed with diabetes. Among adults ages 50-64, diabetes prevalence was significantly higher among African Americans (20.5%), Latinos (17.9%), and American Indians and Alaska Natives (AIAN) (19.6%) than Asians and Native Hawaiians and other Pacific Islanders (NHOPI) (10.9%) and whites (8.3%).
- In California, 1.8 million adults not diagnosed with diabetes (8.2%) were at significant risk for developing diabetes because they were sedentary in conjunction with being overweight or obese. An additional 176,000 (6.0%) adolescents not diagnosed with diabetes were at risk because they did not participate in regular physical activity and were overweight or at risk for being overweight.
- Nearly 114,000 (9.0%) adults with diabetes reported that they had no insurance coverage for prescription drugs.

KEY POLICY RECOMMENDATIONS

The California Endowment joins the UCLA Center for Health Policy Research in calling for policy recommendations aimed at preventing obesity, ensuring access to preventative health care, and promoting effective diabetes management.