

## Diabetes in Navajo County, 2005

### *Fast Facts 2005*

- There were 1,760 diabetes-related hospital discharges in 2005 in Navajo County, a 7% increase from 2004.
- The average length of hospital stay in Navajo County for discharges for diabetes was 5.3 days, compared to the state rate of 5.0 days.
- There are approximately 12,600 residents of Navajo County who self-identify as having diabetes (Behavior Risk Factor Surveillance Survey, 2005).
- The age-adjusted death rate for diabetes was 36.2 per 100,000 population in 2005, compared to 20.1 per 100,000 for all Arizona (Arizona Health Status and Vital Statistics, 2005).

### *Definition and Types*

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The major types of diabetes are Type 1, Type 2, and Gestational diabetes. Pre-diabetes occurs when blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes. Additionally, impaired fasting glucose (IFG) and impaired glucose tolerance (IGT) have been officially termed pre-diabetes.

### *Hospital Discharge 1998-2005*

- The 2005 hospitalization rate of persons with diabetes as the primary diagnosis was 172 per 100,000 in Navajo County, compared to 146 per 100,000 for all Arizona (from non-federal facilities only). The average charge for hospitalizations of persons with diabetes was \$31,305.
- The total amount charged during 2005 in Navajo County for hospitalizations of persons with diabetes was **\$55,096,725**, 21% of the total inpatient hospitalizations charges in the county.

### *Prevention and Control*

Diabetes is the main cause of kidney failure, limb amputation, and new-onset blindness in American adults. Recommendations for preventing diabetes are:

- To engage in regular physical activity for at least 30 minutes per day 5 days a week
- Eat healthy foods with at least 5 servings of fruits and vegetables daily
- Maintain a healthy weight
- Maintain normal lipid levels and blood pressure
- Limit fast foods and avoid drinking regular sodas
- Smoking cessation

In addition to the above recommendations, people with diabetes should take steps to control blood glucose and lipid levels as well as prevent any further complications.

- Blood pressure less than 130/80 mm Hg and weight should be checked at regular diabetes visits
- Lipid profile and micro albumin measured once a year
- Dilated eye and a comprehensive foot examination should be performed at least once a year.

NOTE: Unless otherwise noted, data in this document is from Arizona hospital discharge database. This database includes data from licensed, non-federal facilities, and does not include federal facilities such as those in the Indian Health Services (IHS) and Veterans Administration (VA).

### **Hospitalization Rate in Navajo County with Diabetes as Primary Diagnosis, 1998-2005**

(Source: Hospital Discharge Database)

