

Epi Data Brief

New York City Department of Health and Mental Hygiene

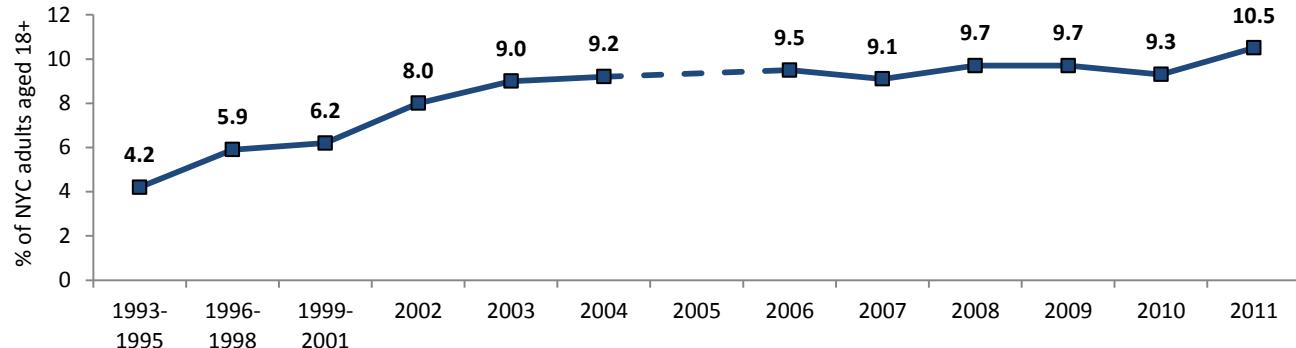
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Diabetes in New York City

The diabetes epidemic continues to worsen in New York City. Nearly 650,000 adult New Yorkers reported having diabetes in 2011, an increase of approximately 200,000 adults since 2002. People with diabetes are at increased risk of heart attack, stroke, blindness, kidney failure, nerve damage, and amputations.

Diabetes increased 150% in New York City since 1993-1995

Prevalence of reported diabetes among adult New Yorkers



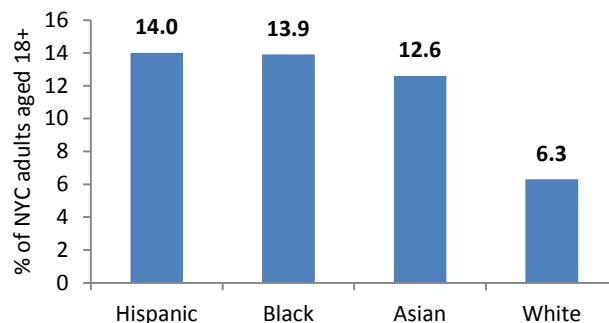
Sources: NYC Community Health Survey, 2002-2011 (2005 data unavailable); Behavioral Risk Factor Surveillance System, NYC sample, 1993-2001

- Diabetes has increased significantly over the past two decades in New York City, more than doubling between 1993-1995 and 2011.
- Nationally diabetes is also on the rise. In 2011, the prevalence was slightly lower in the United States overall than in New York City (9.2% vs. 10.5%).
- In addition to the 650,000 adult New Yorkers who reported having diabetes in 2011, an estimated 230,000 New Yorkers likely had the disease but were unaware of it.¹

Diabetes is most prevalent among black, Hispanic, and Asian New Yorkers

- Black, Hispanic, and Asian New Yorkers were at least twice as likely to have diabetes as white New Yorkers in 2011.
- Racial/ethnic disparities in diabetes persist across levels of household poverty. Whites had the lowest prevalence of diabetes among the wealthiest New Yorkers and had a lower prevalence than both blacks and Hispanics among the poorest.
- Diabetes prevalence also varies by racial/ethnic subgroup. For example, a recent study showed that adults born in South Asia were more likely to have diabetes than those who were born elsewhere in Asia.²
- Diabetes prevalence was similar between men and women in New York City (11.2% and 10.0%).

Prevalence of diabetes by race/ethnicity among New York City adults



Source: NYC Community Health Survey, 2011

¹ Undiagnosed diabetes in New York City was calculated by applying the national estimated percent of undiagnosed diabetes (25.9% of all cases) to the New York City population with diabetes. Centers for Disease Control and Prevention, National Center for Health Statistics. 2011 National Diabetes Fact Sheet: Estimates of Diabetes Prevalence Using Various Definition Criteria. Available at http://www.cdc.gov/diabetes/pubs/factsheet11/tables1_2.htm.

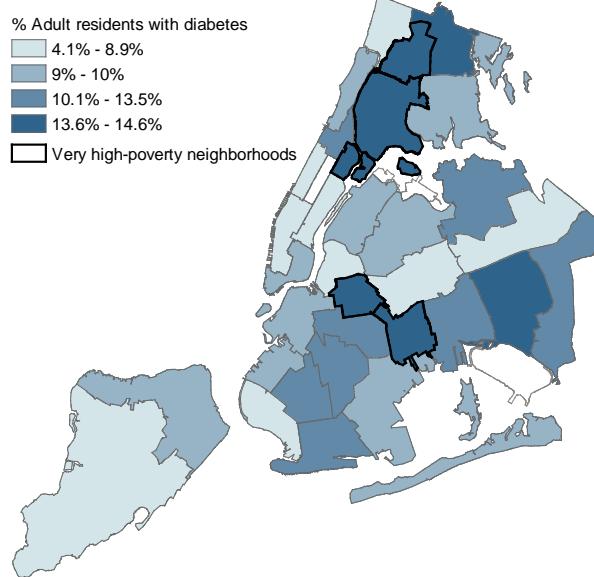
² Gupta LS, Wu CW, Young S, Perlman SE. Prevalence of diabetes in New York City, 2002-2008: Comparing foreign-born South Asians and Other Asians with US-born whites, blacks, and Hispanics. *Diabetes Care*. 2011 Aug; 34(8): 1791-3.

Diabetes disproportionately affects high-poverty NYC communities

- The neighborhoods with the highest prevalence of diabetes were Fordham-Bronx Park (14.6%), East New York (14.4%) and Williamsburg-Bushwick (13.9%) in Brooklyn, Northeast Bronx (13.9%), and the South Bronx (13.9%).
- The neighborhoods with the lowest prevalence of diabetes were Upper East Side-Gramercy and Chelsea-Village in Manhattan (4.4% and 4.1%).
- Neighborhoods with the highest poverty also had some of the highest diabetes rates across the city. Diabetes was nearly 70% more common in very high-poverty neighborhoods than in low-poverty neighborhoods (12.7% vs. 7.5%).

The United Hospital Fund classifies New York City into 42 neighborhoods, comprised of contiguous zip codes, several of which were combined to create the 34 neighborhoods presented here. Neighborhood poverty was defined by the percent of individuals in a New York City zip code area with incomes below 100% of the federal poverty level (ACS 2007-2011), separated into four groups: low (<10%), medium (10%-<20%), high (20%-<30%) and very high ($\geq 30\%$).

Prevalence of diabetes by NYC neighborhood

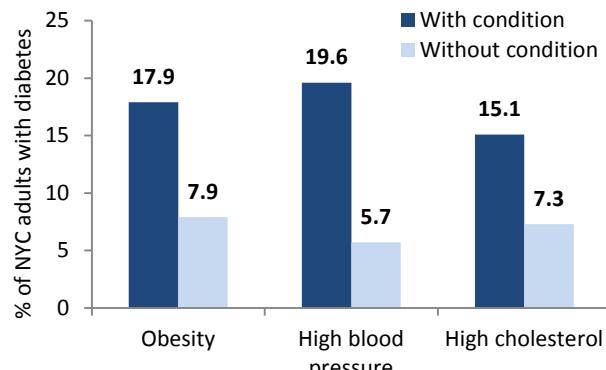


Source: NYC Community Health Survey, 2009-2011

Diabetes is twice as common among New Yorkers who are obese as those who aren't

- Obesity is an important modifiable risk factor for developing diabetes. Obese New Yorkers were more than two times as likely as other adults to have diabetes (17.9% vs. 7.9%) in 2011.
- Other health conditions are also associated with diabetes. New Yorkers with high blood pressure and with high cholesterol were more likely than those without these conditions to have diabetes.
- New Yorkers with diabetes were more than twice as likely to report fair/poor health as those without (44.7% vs. 18.9%).
- In 2010, nearly one quarter (22.8%) of adults with diabetes had depression at some point in their lifetime, compared with 12.1% of those without.

Prevalence of diabetes among adult New Yorkers by health condition status



Source: NYC Community Health Survey, 2011

Data Sources

Community Health Survey 2002-2011: The Community Health Survey (CHS) is a survey of about 9,000 adults aged 18 and older, conducted annually by the Health Department. Estimates presented here are based on self-reported data and age-adjusted to the US 2000 Standard Population. The CHS has included adults with landline phones since 2002 and, starting in 2009, also has included adults who can be reached only by cell phone. Starting in 2011, CHS weighting methods were updated to incorporate Census 2010 data and additional demographic characteristics. For survey details, visit www.nyc.gov/health/survey.

Behavioral Risk Factor Surveillance Survey (BRFSS) 1993-2001, 2011: NYC estimates prior to 2002 and the 2011 United States (US) estimate of self-reported diabetes prevalence are from the BRFSS, a telephone survey tracking health conditions and risk behaviors in the US. Estimates prior to 2002 are three-year averages and all are age-adjusted to the US 2000 Standard Population. For survey details, visit cdc.gov/brfss.

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MORE New York City Health Data and Publications

- For complete tables of data prepared for this Brief, visit nyc.gov/html/doh/downloads/pdf/epi/datatable26.pdf
- Visit EpiQuery – the Health Department's online, interactive health data system at nyc.gov/health/EpiQuery

Data & Statistics at nyc.gov/html/doh/html/data/data.shtml