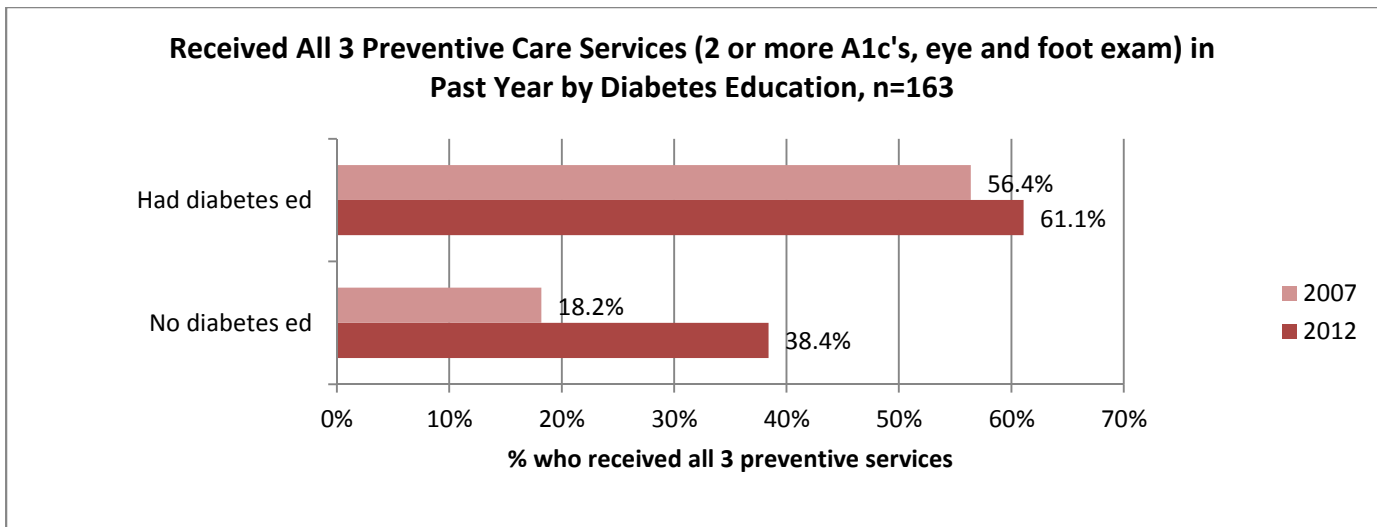


Research was conducted in 2007 via a telephone survey targeting adults 18 and over in the 11-county primary service area of the Munson Healthcare System; in 2012 this survey was replicated in the same region. The purpose of the research is to learn more about the prevalence of diabetes and risk factors, as well as to identify gaps in diabetes care and public knowledge in order to guide and inform project efforts. By completing this survey for a second time, the Northern Michigan Diabetes Initiative is able to compare 2012 survey results to 2007 baseline results, thus assessing the impact of NMDI activities and efforts.

**Importance of Diabetes Education**

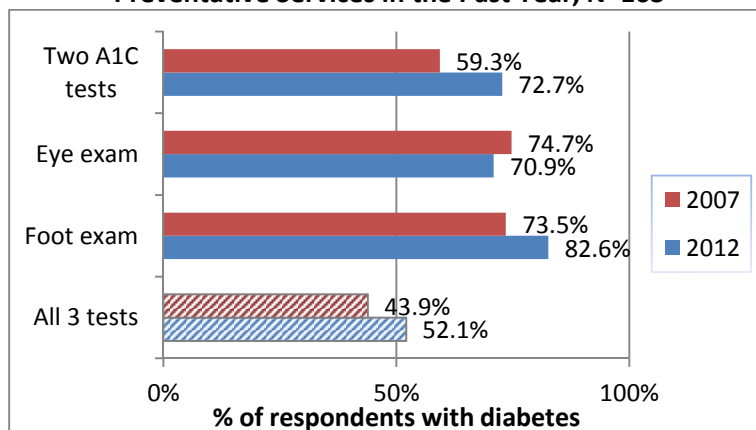
A significant finding of the survey was that respondents with diabetes who reported receiving diabetes education were twice as likely to be aware of the need for services and more than one and a half times as likely to have actually obtained all three primary ADA-recommended preventive care services. These findings highlight the importance of increased education and systems of care which are more effective at delivering secondary prevention services.

Diabetes education is widely available throughout the region. If you need information on how your patients can access this information call (231) 935-9227 or visit [www.nmdiabetes.org](http://www.nmdiabetes.org).



There was a statistically significant increase in the % of respondents with diabetes who received A1c tests (two per year), from 59% compliance in 2007 to 73% in 2012.

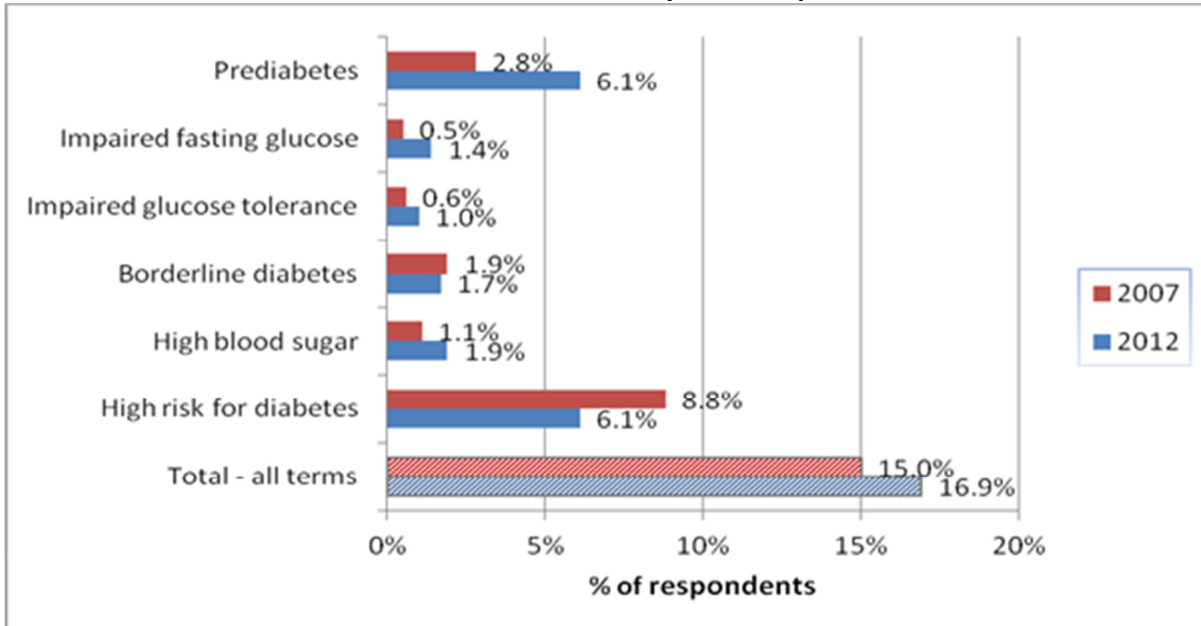
**% of Respondents with Diabetes who received the ADA-Recommended Preventative Services in the Past Year, N=163**



**Importance of using consistent messaging when talking about pre-diabetes**

Among people without an established diabetes diagnosis, 17% reported being told by a health professional that they have pre-diabetes, using a variety of terms such as impaired fasting glucose, impaired glucose tolerance, borderline diabetes, high blood sugar and high risk for diabetes. This is substantially lower than the national estimate of a 40% adult pre-diabetes rate, suggesting that the majority of adults in the 11-county area are not aware of their pre-diabetic status, assuming that the true local prevalence is more similar to national estimates.

**Prevalence of Pre-diabetes by Term Reported**



**Prevalence of Risk Factors for Diabetes Among Non-Diabetics**

The most significant risk factors for diabetes are age, weight, and family history. In order to estimate the percentage of non-diabetic or “not yet diagnosed” people in the 11-county population who are at increased risk for diabetes, the survey incorporated questions from the American Diabetes Association (ADA) Risk Test.

**Prevalence of Reported Risk Factors**

