

# Health-Maui Ola

Mana is our Legacy, Maui Ola is our destiny



## NATIVE HAWAIIAN ADULT DIABETES

### Areas of Health

Chronic Conditions

Risk Behaviors

Births and Deaths

Social Determinants

### CHRONIC CONDITIONS

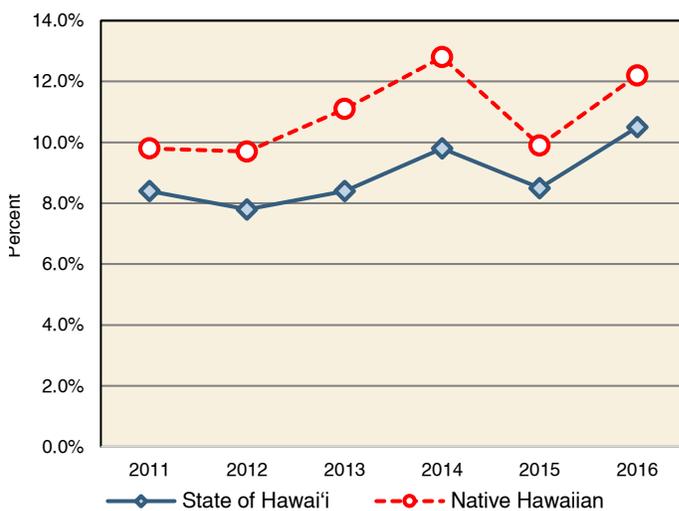
# 12.2%

Native Hawaiian adults had diabetes, in 2016 (16,700 Native Hawaiians)

# 32.0%

Native Hawaiians with diabetes were taking insulin, in 2013

### Adult Diabetes in Hawai'i: 2011-2016



### ABOUT THE DATA

**Source:** Behavioral Risk Factor Surveillance System (BRFSS): The BRFSS is an ongoing telephone survey of adults (18 years and over). The BRFSS in Hawai'i is conducted by the Hawai'i State Department of Health and coordinated by the Centers for Disease Control and Prevention (CDC).

**Notes:** Diabetes (Diabetes mellitus) is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood. (CDC)

### RISK BEHAVIORS: Pre-Diabetes

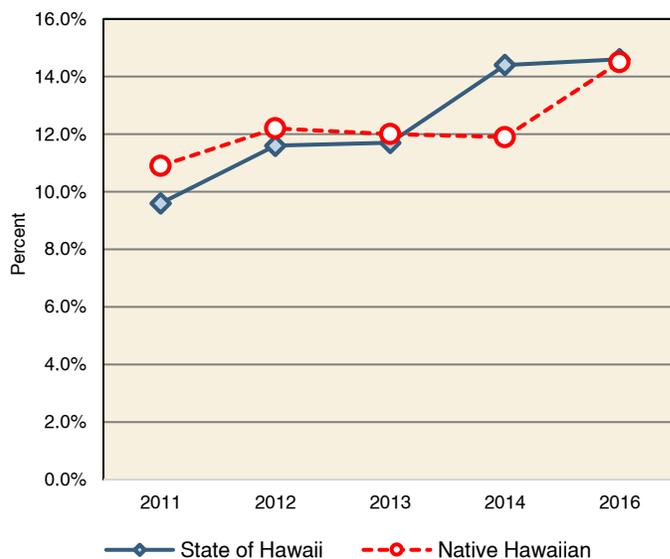
# 14.5%

Native Hawaiians had pre-diabetes diabetes, in 2016 (20,000 Native Hawaiians)

# 8.0%

Native Hawaiians (18-84 years) reported being diagnosed with diabetes in the past 12 months, in 2016 (1,300 Native Hawaiians)

### Adults with Pre-Diabetes in Hawai'i: 2011-2016



### ABOUT THE DATA

**Source:** Behavioral Risk Factor Surveillance System (BRFSS): The BRFSS is an ongoing telephone survey of adults (18 years and over). The BRFSS in Hawai'i is conducted by the Hawai'i State Department of Health and coordinated by the Centers for Disease Control and Prevention (CDC).

**Notes:** A person with pre-diabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease, and stroke. Without lifestyle changes to improve their health, 15% to 30% of people with prediabetes will develop type 2 diabetes within five years. (CDC)

**Maui Oia (Health):** To improve the quality and longevity of life, Native Hawaiians will enjoy healthy lifestyles and experience reduced onset of chronic diseases.



**BIRTHS AND DEATHS: Gestational Diabetes**

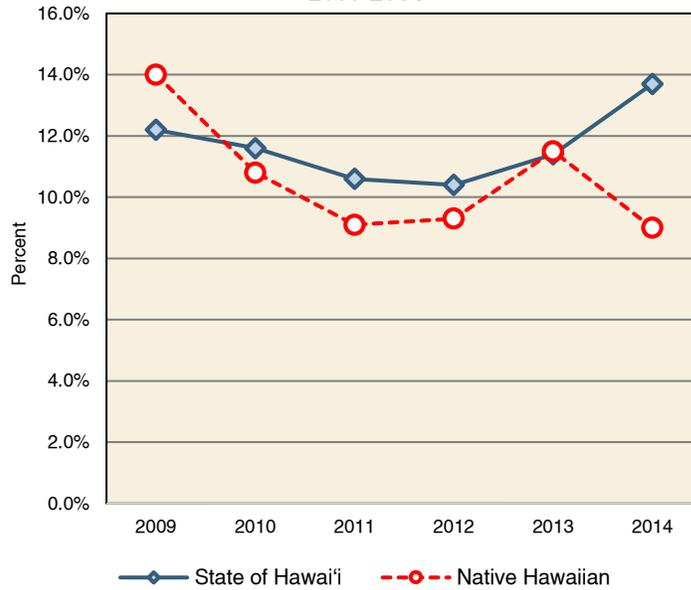
**9.0%**

Native Hawaiian mothers (all ages) had gestational diabetes, in 2014. (PRAMS)

**30.7%**

Native Hawaiian mothers received late or no prenatal care, in 2015, offsetting an opportunity to identify and address gestational diabetes issues. (VS)

**Adult Mothers Gestational Diabetes in Hawai'i: 2009-2014**



**ABOUT THE DATA**

**Source:** The Pregnancy Risk Assessment Monitoring System (PRAMS) is an on-going population-based surveillance system designed to identify and monitor maternal experiences, attitudes, and behaviors from preconception, throughout pregnancy and into the interconception periods.

Managing gestational diabetes is very important in order to protect the baby. Babies born to mothers with uncontrolled gestational diabetes can be overly large at birth, making delivery more dangerous. These babies can also have breathing problems. Moreover, children exposed to diabetes in the womb are more likely to become obese during childhood and adolescence, and develop type 2 diabetes later in life. (CDC)

**SOCIAL DETERMINANTS: Checkups**

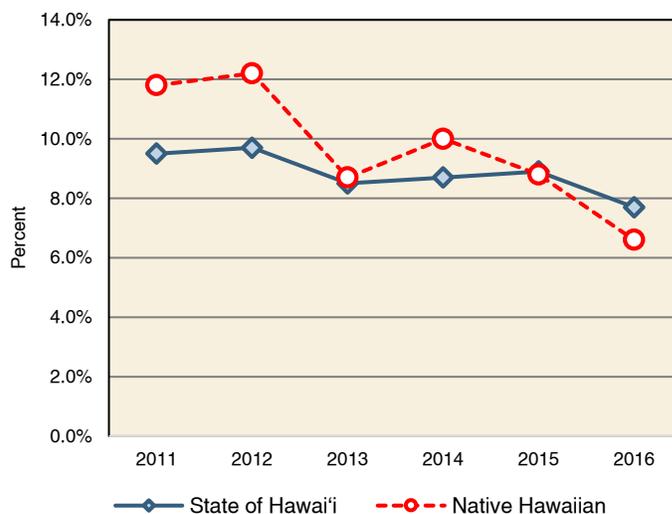
**16.0%**

Native Hawaiian Adults consumed Soda One or More Times per Day, in 2012

**17.5%**

Native Hawaiian Adults consumed One or More Sweetened Fruit Drinks per Day, in 2012

**Last Routine Checkup 5 Years or More in Hawai'i: 2011-2016**



**ABOUT THE DATA**

**Source:** American Community Survey (ACS) is an ongoing statistical survey conducted by the US Census Bureau. It regularly gathers information previously contained only in the long form of the decennial census, thus filling a vital data gap. The data collected is based on a random sample and is subject to sampling variability.

**Notes:** Why are Check-Ups Important? Regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. (CDC)

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For additional information see the Native Hawaiian Data Book at: [www.ohadatabook.com](http://www.ohadatabook.com)

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