



New York State Behavioral Risk Factor Surveillance System Brief

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several United States Territories. The New York Behavioral Risk Factor Surveillance System is administered by the New York State Department of Health to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

Testing for High Blood Sugar

New York State Adults, 2021



Introduction

Early detection and treatment of prediabetes and diabetes are critical. The Centers for Disease Control and Prevention estimates that 96 million (38.0%) United States adults have prediabetes and 37.3 (11.3%) million people have diabetes but many don't know it.^{1,2} Without intervention, many people with prediabetes will develop type 2 diabetes within 5 years and are also at increased risk of developing heart disease and stroke.³ Fortunately, lifestyle change programs have been demonstrated to prevent or delay the development of type 2 diabetes in people with prediabetes.^{4,5} Diabetes self-management education and support programs have been demonstrated to help individuals learn to manage and better control diabetes.⁶

The American Diabetes Association recommends blood glucose testing (also referred to as blood sugar testing) to screen for type 2 diabetes and prediabetes for all adults over age 35 and for younger adults with overweight or obesity who also have one or more risk factors such as hypertension, elevated blood cholesterol or family history of type 2 diabetes.⁷ Health care providers are encouraged to recommend participation in a National Diabetes Prevention Program lifestyle change program for their adult patients with prediabetes and diabetes self-management education and support programs for their adult patients with diabetes.

More information on prediabetes and diabetes can be found in the Brief Reports "Prediabetes, New York State Adults, 2021" and "Diabetes, New York State Adults, 2021."

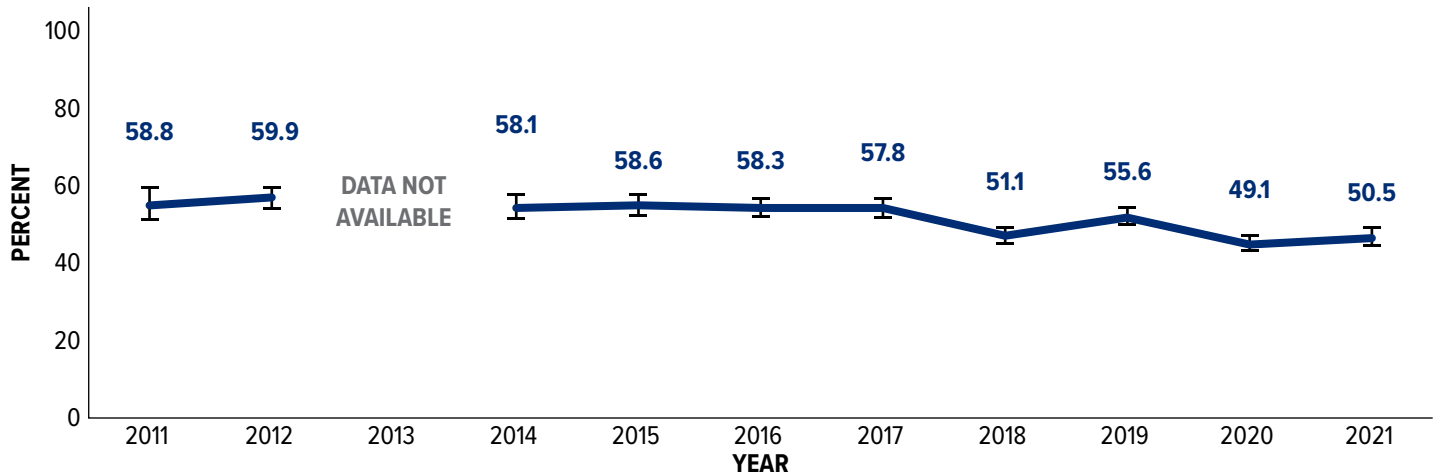
Health Equity

Many people with prediabetes and diabetes experience inequities in health. Prediabetes and diabetes are more common among Black, non-Hispanic adults, Hispanic adults, and adults living with disability. Social determinants of health such as lack of access to healthy food, lack of safe places for physical activity, and housing instability, especially when fueled by structural racism, contribute to disparities in the burden of prediabetes and diabetes. The New York State Department of Health remains committed to advancing health equity by improving prediabetes and diabetes detection and increasing access to and participation in National Diabetes Prevention Program lifestyle change programs along with diabetes self-management education and support programs so that those with prediabetes and diabetes can achieve optimal health.

Key Findings

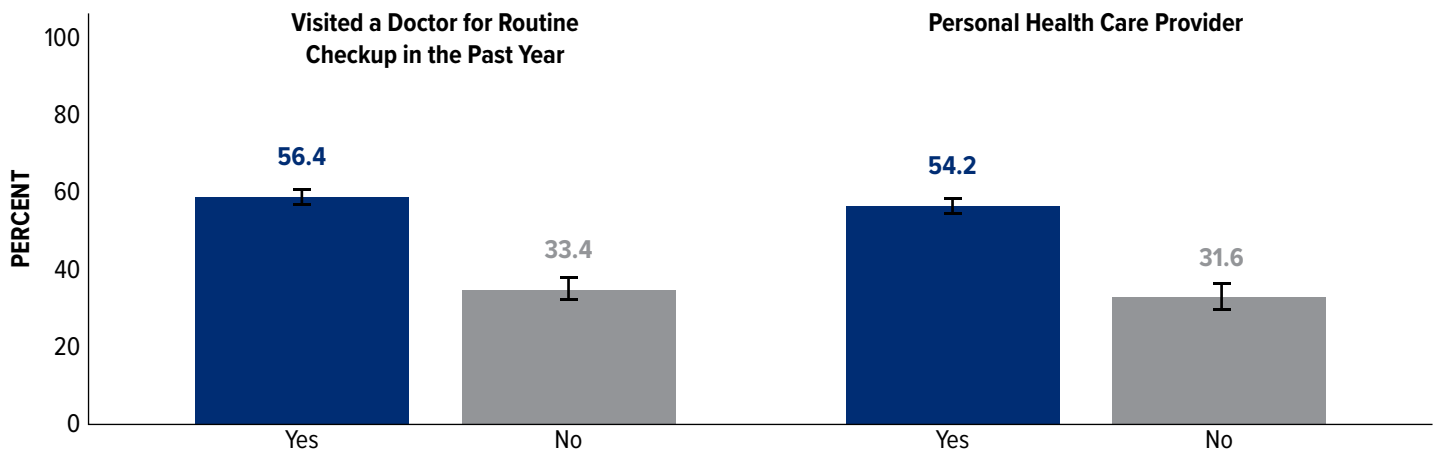
- An estimated 6.8 million adult New Yorkers (50.5%) report having been tested for high blood sugar within the past three years (Figure 1).
- Younger adults and adults without health insurance coverage are less likely to report getting tested for high blood sugar. Those who have not seen their doctor for a routine checkup in the past year (33.4%) and those who do not have a personal health care provider (31.6%) are also less likely to report getting tested (Figure 2).
- Adults with obesity (60.4%) or overweight (53.5%) are more likely to report getting tested for high blood sugar compared to adults who have neither overweight nor obesity (43.0%) (Figure 3).
- Adults with prediabetes (79.3%), history of cardiovascular disease (68.3%), hypertension (67.1%), or high cholesterol (66.4%) are more likely to report having been tested for high blood sugar than adults without those conditions (Figure 3).
- Social determinants of health contribute to disparities in high blood sugar testing. Testing for high blood sugar increases with educational attainment and is most common among adults who graduated from college compared to those with high school or GED education (55.2% vs. 45.5%).
- Adults living with disability are more likely to report having been tested for high blood sugar in the past three years than adults living without disability (55.2% vs. 49.9%).

Figure 1. Percent of New York State Adults Who Tested For High Blood Sugar*, Behavioral Risk Factor Surveillance System 2011-2021



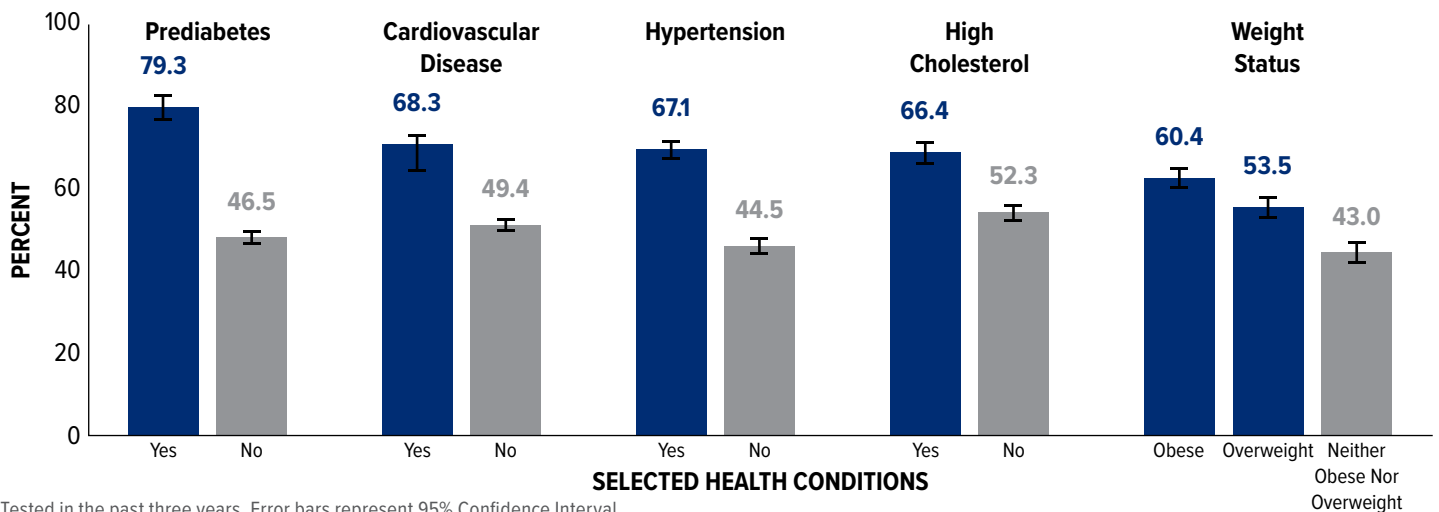
*Tested in the past three years. Error bars represent 95% Confidence Interval. Data not available in 2013.

Figure 2. Percent of New York State Adults Who Tested For High Blood Sugar* By Selected Health Care Access, Behavioral Risk Factor Surveillance System 2021



*Tested in the past three years. Error bars represent 95% Confidence Interval.

Figure 3. Percent of New York State Adults Who Tested For High Blood Sugar* by Selected Health Conditions, Behavioral Risk Factor Surveillance System 2021



*Tested in the past three years. Error bars represent 95% Confidence Interval.

Table 1. Testing for High Blood Sugar in the Past Three Years Among New York State Adults, Behavioral Risk Factor Surveillance System 2021

	Testing for High Blood Sugar in the Past Three Years	
	% ^a	95% CI ^a
New York State [n=39,095]	50.5	49.3 - 51.7
Sex		
Male	48.2	46.5 - 49.9
Female	52.6	50.9 - 54.2
Age (Years)		
18-24	21.1	17.8 - 24.4
25-34	38.6	35.6 - 41.6
35-44	47.0	44.2 - 49.8
45-54	59.2	56.5 - 62.0
55-64	65.6	63.1 - 68.2
65+	67.1	65.1 - 69.0
Race/ethnicity		
White, non-Hispanic	52.0	50.5 - 53.6
Black, non-Hispanic	50.6	47.3 - 54.0
Hispanic	51.3	48.4 - 54.1
All other race groups combined, non-Hispanic ^b	43.0	38.9 - 47.0
Annual household income		
Less than \$25,000	48.9	45.6 - 52.2
\$25,000-\$49,999	50.3	47.7 - 53.0
\$50,000 and greater	53.1	50.6 - 55.6
Missing ^c	46.9	44.4 - 49.3
Education attainment		
Less than high school	49.0	45.0 - 53.1
High school or GED	45.5	43.2 - 47.8
Some college	50.0	47.6 - 52.4
College graduate	55.2	53.4 - 57.0
Health care coverage type		
Private	51.1	49.3 - 52.9
Medicare	61.3	58.9 - 63.7
Medicaid	46.9	43.5 - 50.3
Other insurance ^d	47.2	42.0 - 52.5
No coverage	36.6	32.0 - 41.3
Weight status		
Neither overweight nor obese	43.0	40.8 - 45.2
Overweight	53.5	51.4 - 55.5
Obese	60.4	58.0 - 62.8
Disability status^e		
Yes	55.2	52.8 - 57.6
No	49.9	48.5 - 51.4
Region		
New York City	49.4	47.3 - 51.6
New York State exclusive of New York City	51.1	49.7 - 52.5

Notes: % = Weighted percentage; CI = Confidence interval. ^bAll other race groups combined, non-Hispanic includes American Indian or Alaskan Native, Asian, Native Hawaiian or other Pacific Islander, or other race or multiracial. ^c“Missing” category included because more than 10% of the sample did not report income. ^dOther insurance includes Children’s Health Insurance Plan (CHIP), TRICARE, VA/Military, Indian Health Service, state sponsored health plan, or other government plan. ^eAll respondents who reported at least one type of disability (cognitive, mobility, vision, self-care, independent living, or deafness).

Table 2. Testing for High Blood Sugar in the Past Three Years Among New York State Adults by Selected Access and Health Conditions, Behavioral Risk Factor Surveillance System 2021

	Testing for High Blood Sugar in the Past Three Years	
	% ^a	95% CI ^a
New York State [n=39,095]	50.5	49.3 - 51.7
Visited a Doctor for Routine Checkup in the Past Year		
Yes	56.4	55.0 - 57.7
No	33.4	31.1 - 35.8
Personal Health Care Provider		
Yes	54.2	52.9 - 55.5
No	31.6	28.6 - 34.5
Prediabetes		
Yes	79.3	76.7 - 82.0
No	46.5	45.3 - 47.8
History of Cardiovascular Disease		
Yes	68.3	64.4 - 72.3
No	49.4	48.1 - 50.6
Hypertension		
Yes	67.1	65.1 - 69.0
No	44.5	43.1 - 45.9
High Cholesterol		
Yes	66.4	64.3 - 68.5
No	52.3	50.7 - 53.9

Notes: ^a% = Weighted percentage; CI = Confidence interval.



References

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Behavioral Risk Factor Surveillance System Questions



Testing for High Blood Sugar

Have you had a test for high blood sugar or diabetes within the past three years?

Note: These questions are only asked of those not responding “Yes” to having ever been diagnosed with diabetes.

Suggested Citation



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Program Contributions



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