BRFSS Brief

Number 1902

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

Prevalence of Prediabetes and Testing for High Blood Sugar

New York State Adults, 2016

Introduction and Key Findings

In New York State, diabetes rates have almost tripled over the past two decades, contributing to reductions in quality of life for over 1.5 million New Yorkers, and significant costs to government, employers and private citizens. Unless significant changes are made, more than half of all Americans are projected to have diabetes (15%) or prediabetes (37%) by the year 2020.¹

Prediabetes is a condition in which an individual's blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. The CDC estimates that 86 million US adults have prediabetes, but most adults who have prediabetes don't know it.² Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years and are also at increased risk of developing heart disease and stroke.^{2,3} Fortunately, lifestyle intervention programs aimed at increasing physical activity and producing a 5–7% loss of body weight, and certain pharmacological agents have been demonstrated to prevent or delay the development of diabetes in people with prediabetes.^{4,5}

Early detection and treatment of prediabetes are critical and can prevent or delay the onset of type 2 diabetes. Per the American Diabetes Association (ADA), blood glucose testing (also referred to as blood sugar testing) to screen for type 2 diabetes and prediabetes is appropriate for all adults over age 45 and for younger adults who are overweight or obese and who have one or more risk factors, such as, hypertension, elevated blood cholesterol or a family history of type 2 diabetes.⁶ The Prevention Agenda 2013-2018, New York State's Health Improvement Plan, includes an objective to increase the percentage of adults 18 years and older who had a test for high blood sugar or diabetes within the past 3 years by 5% from 58.8% (2011) to 61.7% by 2018.

Key Findings

An estimated 1.3 million adult New Yorkers (9.9%) have diagnosed prediabetes. Adults who are obese are significantly more likely to report being diagnosed with prediabetes (17.7%) compared to adults who are neither overweight nor obese (5.6%). Prediabetes is also more common among older adults, adults with lower household incomes, and among adults living with a disability. In addition, the prevalence of prediabetes is higher among adults who were tested for high blood sugar in the past 3 years (14.8%) than among those who were not tested in the past 3 years (3.5%). Younger adults and adults without health insurance coverage are less likely to have had blood sugar testing.

BRFSS Questions – Prediabetes Module

Testing for High Blood Sugar

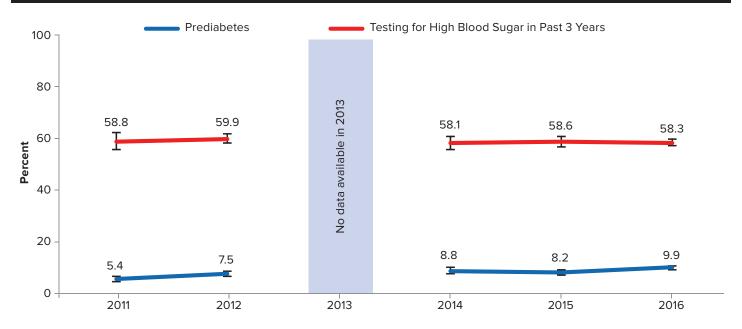
1. Have you had a test for high blood sugar or diabetes within the past three years?

Prediabetes

1. Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes? [If "yes" and respondent is female, ask: "Was this only when you were pregnant?"

NOTE: These questions are only asked of those not responding "Yes" to having ever been diagnosed with diabetes.

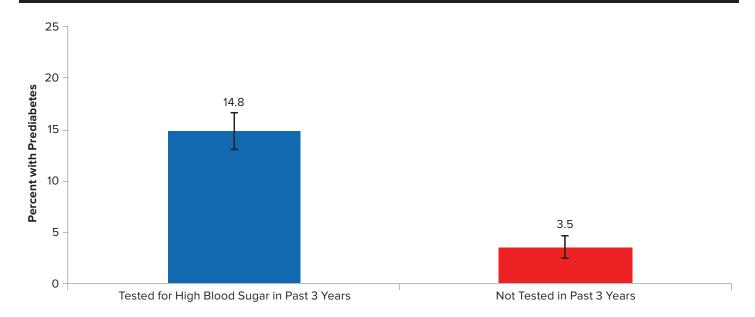
Figure 1. Prevalence of Prediabetes* and Testing for High Blood Sugar** among NYS Adults, BRFSS 2011-2016



^{*}Does not include reported gestational prediabetes.

Note: Error bars represent 95% confidence intervals.

Figure 2. Prevalence of Prediabetes* among People Tested for High Blood Sugar**, BRFSS 2016



^{*}Does not include reported gestational prediabetes.

Note: Error bars represent 95% confidence intervals.

^{**}Tested in the past 3 years.

^{**}Tested in the past 3 years.

Prediabetes and Testing for High Blood Sugara among New York State Adults: **2016 BRFSS**

KP 95% CP KP 95% CP Total New York State (NYS) [n=34190] 9.9 9.2 - 10.7 58.3 571 - 595 Sex		Pre	Prediabetes		Testing for High Blood Sugar	
Sex Male 9.5 8.4 - 10.5 55.4 53.5 - 57.2 Fermale 10.4 9.3 - 11.4 61.0 59.3 - 62.6 Age (years) 18-24 2.4 1.3 - 3.5 39.2 35.0 - 43.4 25-34 4.1 3.0 - 5.3 46.6 43.6 - 49.6 35-44 12.1 10.0 - 14.2 65.5 62.9 - 68.1 45-54 12.1 10.0 - 14.2 65.5 62.9 - 68.1 55-64 17.2 14.9 - 19.5 69.9 675.7 - 74.9 66+ 16.3 14.4 - 18.2 69.5 672.7 19. Rece/ethnicity White, non-Hispanic 8.9 8.2 - 9.7 58.7 572 60.1 Black, non-Hispanic 8.9 8.2 - 9.7 58.7 572 60.1 Other, non-Hispanic 14.4 10.5 - 18.2 56.8 518 61.9 Glack, non-Hispanic 14.4 10.5 - 18.2 56.8 518 61.9 Other, non-Hispanic 14.4 10.5 - 18.2 56.8 518 61.9		% ^b	95% CI ^b			
Male 9.5 8.4 · 10.5 55.4 53.5 · 57.2 Female 10.4 9.3 · 11.4 61.0 59.3 · 62.6 Age (years) 18-24 2.4 1.3 · 3.5 39.2 35.0 · 43.4 25-34 4.1 3.0 · 5.3 46.6 436.49.6 35-44 7.3 57.8 · 8.9 56.1 53.0 · 59.1 45-54 12.1 10.0 · 14.2 65.5 62.9 · 68.1 65+ 16.3 14.4 · 18.2 69.5 67.2 · 71.9 65+ 16.3 14.4 · 18.2 69.5 67.2 · 71.9 Recelethnicity White, non-Hispanic 8.9 8.2 · 9.7 58.7 57.2 · 60.1 Black, non-Hispanic 13.0 10.6 · 15.4 65.0 61.4 · 68.6 Hispanic 8.0 6.5 · 9.5 53.0 49.8 · 56.1 Other, non-Hispanic 11.1 8.7 · 13.1 55.7 52.5 · 60.1 Amual household income ************************************	Total New York State (NYS) [n=34190]	9.9	9.2 - 10.7	58.3	57.1 - 59.5	
Female 10.4 9.3-11.4 61.0 59.3-62.6 Age (years) 18-24 1.3-3.5 39.2 35.0-43.4 25-34 4.1 3.0-5.3 46.6 43.6-49.6 35-44 7.3 57-8.9 56.1 53.0-91.4 45-54 12.1 10.0-14.2 65.5 62.9-68.1 55-64 17.2 14.9-19.5 69.9 67.5-72.4 65+ 16.3 14.4-18.2 69.5 67.2-71.9 Meccefethnicity White, non-Hispanic 8.9 8.2-9.7 58.7 57.2-60.1 Black, non-Hispanic 13.0 10.6-15.4 65.0 61.4-88.6 Hispanic 8.0 65.9-5 53.0 49.8-56.1 Other, non-Hispanic 11.1 8.7-13.1 55.7 52.5 Other, non-Hispanic 11.1 8.7-13.1 55.7 52.5 Amusal household income 11.1 8.7-13.1 55.7 52.5 53.0 49.8-56.1 S15,000-\$24,999 11.5 <t< td=""><td>Sex</td><td></td><td></td><td></td><td></td></t<>	Sex					
Age (years)	Male	9.5	8.4 - 10.5	55.4	53.5 - 57.2	
18-24	Female	10.4	9.3 - 11.4	61.0	59.3 - 62.6	
25-34	Age (years)					
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17.2	35-44	7.3	5.7 - 8.9	56.1	53.0 - 59.1	
65+ 16.3 14.4-18.2 69.5 67.2-71.9 Race/ethnicity Race/ethnicity S.9 8.2-9.7 58.7 57.2-60.1 Black, non-Hispanic 13.0 10.6-15.4 65.0 61.4-68.6 Hispanic 8.0 6.5-9.5 53.0 49.8-56.1 Other, non-Hispanic 14.4 10.5-18.2 56.8 518-61.9 Annual household income 3.7 3.4 50.9 46.7-55.1 46.7-55.1 \$5.000 11.1 8.7-13.4 50.9 46.7-55.1 \$5.000-\$24.999 10.9 8.7-13.1 55.7 52.5-59.0 \$25.000-\$34.999 11.5 8.8-14.1 58.0 53.8-62.3 \$55.00.0 \$3.8-62.3 \$55.00.0 \$3.8-62.3 \$55.00.0 \$3.8-62.3 \$5.5-63.1 \$50.00.3 \$5.7-64.2 \$3.50.00-\$49.999 10.4 8.3-12.4 \$60.8 \$7.5-64.2 \$55.000-\$3.8 \$50.00-\$3.8 \$7.6-10.1 \$4.1 \$62.0 \$66.2 \$55.000-\$3.8 \$7.5-10.1 \$4.1 \$62.0 \$66.2 \$66.2 \$61.2 \$61.2 \$	45-54	12.1	10.0 - 14.2	65.5	62.9 - 68.1	
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White, non-Hispanic 8.9 8.2 - 9.7 58.7 57.2 - 60.1 Black, non-Hispanic 13.0 10.6 - 15.4 65.0 61.4 - 68.6 Hispanic 8.0 6.5 - 9.5 53.0 49.8 - 56.1 Other, non-Hispanic 14.4 10.5 - 18.2 56.8 51.8 - 61.9 Annual household income ************************************	65+	16.3	14.4 - 18.2	69.5	67.2 - 71.9	
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Other, non-Hispanic 14.4 10.5 - 18.2 56.8 51.8 - 61.9 Annual household income Section of Section	Black, non-Hispanic	13.0	10.6 - 15.4	65.0	61.4 - 68.6	
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\$75,000+ 8.8 7.6-10.1 64.1 62.0-66.2 Missings 8.0 6.3-9.7 51.7 48.4-54.9 Educational attainment Uses than high school 9.8 7.7-12.0 48.6 44.8-52.4 High school or GED 10.9 9.3-12.4 58.0 55.6-60.4 Some post-high school 10.9 9.5-12.4 60.6 58.2-63.0 College graduate 8.4 7.4-9.4 60.6 58.2-63.0 College graduate 8.4 7.4-9.4 60.6 58.2-63.0 Body Mass Index (BMI) category Neither overweight nor obese 5.6 4.6-6.5 51.4 49.3-53.5 Overweight 10.3 9.0-11.7 60.8 58.7-63.0 Obese 17.7 15.8-19.7 67.2 64.8-69.6 Health care coverage type Private 8.7 7.7-9.7 60.4 58.7-62.2 Medicare 16.4 14.1-18.6 66.0 63.2-68.9 Medicaid 11.2 8.7-13.7 55.5 51.8-59.2 Other insuranced 5.1 3.5-6.7 43.0	\$35,000-\$49,999	12.6	10.1 - 15.2	59.3	55.5 - 63.1	
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Educational attainment Less than high school 9.8 7.7 - 12.0 48.6 44.8 - 52.4 High school or GED 10.9 9.3 - 12.4 58.0 55.6 - 60.4 Some post-high school 10.9 9.5 - 12.4 60.6 58.2 - 63.0 College graduate 8.4 7.4 - 9.4 60.9 59.0 - 62.8 Body Mass Index (BMI) category Neither overweight nor obese 5.6 4.6 - 6.5 51.4 49.3 - 53.5 Overweight 10.3 9.0 - 11.7 60.8 58.7 - 63.0 Obese 17.7 15.8 - 19.7 67.2 64.8 - 69.6 Health care coverage type 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Pisability status* 7.9	\$75,000+	8.8	7.6 - 10.1	64.1	62.0 - 66.2	
Less than high school 9.8 7.7 - 12.0 48.6 44.8 - 52.4 High school or GED 10.9 9.3 - 12.4 58.0 55.6 - 60.4 Some post-high school 10.9 9.5 - 12.4 60.6 58.2 - 63.0 College graduate 8.4 7.4 - 9.4 60.9 59.0 - 62.8 Body Mass Index (BMI) category Neither overweight nor obese 5.6 4.6 - 6.5 51.4 49.3 - 53.5 Overweight 10.3 9.0 - 11.7 60.8 58.7 - 63.0 Obese 17.7 15.8 - 19.7 67.2 64.8 - 69.6 Health care coverage type 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability status ^e 7.4 8.9 56.9 55.5	Missing ^c	8.0	6.3 - 9.7	51.7	48.4 - 54.9	
High school or GED 10.9 9.3 - 12.4 58.0 55.6 - 60.4 Some post-high school 10.9 9.5 - 12.4 60.6 58.2 - 63.0 College graduate 8.4 7.4 - 9.4 60.9 59.0 - 62.8 Body Mass Index (BMI) category Weither overweight nor obese 5.6 4.6 - 6.5 51.4 49.3 - 53.5 Overweight 10.3 9.0 - 11.7 60.8 58.7 - 63.0 Obese 17.7 15.8 - 19.7 67.2 64.8 - 69.6 Health care coverage type Private 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 518 - 59.2 Other insuranced 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability statuse* Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9	Educational attainment					
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College graduate 8.4 7.4 - 9.4 60.9 59.0 - 62.8 Body Mass Index (BMI) category Verweight 5.6 4.6 - 6.5 51.4 49.3 - 53.5 Overweight nor obese 5.6 4.6 - 6.5 51.4 49.3 - 53.5 Overweight nor obese 10.3 9.0 - 11.7 60.8 58.7 - 63.0 Obese 17.7 15.8 - 19.7 67.2 64.8 - 69.6 Health care coverage type 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicare 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability statuse ^e Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	High school or GED	10.9	9.3 - 12.4	58.0	55.6 - 60.4	
Body Mass Index (BMI) category Neither overweight nor obese 5.6 4.6 - 6.5 51.4 49.3 - 53.5 Overweight 10.3 9.0 - 11.7 60.8 58.7 - 63.0 Obese 17.7 15.8 - 19.7 67.2 64.8 - 69.6 Health care coverage type Private 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability status* Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Some post-high school	10.9	9.5 - 12.4	60.6	58.2 - 63.0	
Neither overweight nor obese 5.6 4.6 - 6.5 51.4 49.3 - 53.5 Overweight 10.3 9.0 - 11.7 60.8 58.7 - 63.0 Obese 17.7 15.8 - 19.7 67.2 64.8 - 69.6 Health care coverage type 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability status* Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	College graduate	8.4	7.4 - 9.4	60.9	59.0 - 62.8	
Overweight 10.3 9.0 - 11.7 60.8 58.7 - 63.0 Obese 17.7 15.8 - 19.7 67.2 64.8 - 69.6 Health care coverage type Private 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability statuse ^e Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Body Mass Index (BMI) category					
Obese 17.7 15.8 - 19.7 67.2 64.8 - 69.6 Health care coverage type Private 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability statuse ^e Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Neither overweight nor obese	5.6	4.6 - 6.5	51.4	49.3 - 53.5	
Health care coverage type Private 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability statuse ^e Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Overweight	10.3	9.0 - 11.7	60.8	58.7 - 63.0	
Private 8.7 7.7 - 9.7 60.4 58.7 - 62.2 Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability status* Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Obese	17.7	15.8 - 19.7	67.2	64.8 - 69.6	
Medicare 16.4 14.1 - 18.6 66.0 63.2 - 68.9 Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability statuse ^e Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Health care coverage type					
Medicaid 11.2 8.7 - 13.7 55.5 51.8 - 59.2 Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability statuse Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Private	8.7	7.7 - 9.7	60.4	58.7 - 62.2	
Other insurance ^d 13.9 9.2 - 18.7 55.3 49.0 - 61.5 Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability status ^e Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Medicare	16.4	14.1 - 18.6	66.0	63.2 - 68.9	
Not insured 5.1 3.5 - 6.7 43.0 38.8 - 47.3 Disability status* Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Medicaid	11.2	8.7 - 13.7	55.5	51.8 - 59.2	
Disability statuse Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Other insurance ^d	13.9	9.2 - 18.7	55.3	49.0 - 61.5	
Yes 17.9 15.7 - 20.1 63.8 61.2 - 66.5 No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Not insured	5.1	3.5 - 6.7	43.0	38.8 - 47.3	
No 8.1 7.4 - 8.9 56.9 55.5 - 58.3 Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Disability status ^e					
Region New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	Yes	17.9	15.7 - 20.1	63.8	61.2 - 66.5	
New York City (NYC) 11.0 9.6 - 12.4 59.2 57.0 - 61.4	No	8.1	7.4 - 8.9	56.9	55.5 - 58.3	
	Region					
NYS exclusive of NYC 9.2 8.5 - 10.0 57.7 56.3 - 59.1	New York City (NYC)	11.0	9.6 - 12.4	59.2	57.0 - 61.4	
	NYS exclusive of NYC	9.2	8.5 - 10.0	57.7	56.3 - 59.1	

^a Does not include reported gestational prediabetes; tested for high blood sugar in the past 3 years.

b % = weighted percentage; CI = confidence interval.

c "Missing" category included because more than 10% of the sample did not report income.

d includes TRICARE, VA/Military, and Indian Health Services.

e All respondents who reported at least one type of disability (cognitive, self-care, independent living, vision, hearing or mobility).

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Program Contributions

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