Chapter 1

Prevalence of Diabetes and Prediabetes
Figure 1.1 Prediabetes Prevalence by Year and Gender, Maine Adults, 2008-2010

Prediabetes does not include pregnancy-related prediabetes.
Adults = ages 18+ years.
Data Source: Behavioral Risk Factor Surveillance System.
Figure 1.2 Diabetes Prevalence, U.S. and Maine Adults, 1995-2010

Diabetes does not include pregnancy-related diabetes.
Adults = ages 18+ years.
Data Source: Behavioral Risk Factor Surveillance System.
Figure 1.3 Diabetes Prevalence by Year and Gender, Maine Adults, 1995-2010

Diabetes does not include pregnancy-related diabetes.

Adults = ages 18+ years.

Data Source: Behavioral Risk Factor Surveillance System.

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Figure 1.4 Prediabetes and Diabetes Prevalence by Race, Maine Adults, 2008-2010

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Adults = ages 18+ years.
*This percentage is based on a numerator < 50 and may be unreliable; please use caution in interpreting.
Data Source: Behavioral Risk Factor Surveillance System.
Figure 1.5 Prediabetes and Diabetes Prevalence by Age, Maine Adults, 2008-2010

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Adults = ages 18+ years.
*These percentages are based on a numerator < 50 and may be unreliable; please use caution in interpreting.
Data Source: Behavioral Risk Factor Surveillance System.

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Figure 1.6 Prediabetes and Diabetes Prevalence by Education, Maine Adults, 2008-2010

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes. Adults = ages 18+ years.
*This percentage is based on a numerator < 50 and may be unreliable; please use caution in interpreting.
Data Source: Behavioral Risk Factor Surveillance System.

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Figure 1.7 Prediabetes and Diabetes Prevalence by Income, Maine Adults, 2008-2010

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Adults = ages 18+ years.
Income is annual household income.
Data Source: Behavioral Risk Factor Surveillance System.
Figure 1.8 Prediabetes Prevalence by County of Residence, Maine Adults, 2008-2010

Prevalence Rate
percentage of adults
- Not Enough Data
- 0.1 - 6.2
- 6.3 - 7.4
- 7.5 - 8.3

Maine Overall: 6.3

Data Source: Behavioral Risk Factor Surveillance System.
All %s are weighted to be more representative of the general adult population of Maine and to adjust for non-response.
Prediabetes does not include pregnancy-related prediabetes.

Map Created by David Pied and Nisha Kini on 04/18/2012
Figure 1.9 Diabetes Prevalence by County of Residence, Maine Adults, 2008-2010

Prevalence Rate
percentage of adults
- 7.0 - 7.4
- 7.5 - 8.1
- 8.2 - 9.3
- 9.4 - 10.7

Maine Overall: 8.4

Data Source: Behavioral Risk Factor Surveillance System.
All %'s are weighted to be more representative of the general adult population of Maine and to adjust for non-response.
Diabetes does not include pregnancy-related diabetes.

Map Created by David Pied and Nisha Kini on 04/18/2012
Chapter 2

Prevalence of Diabetes and Prediabetes by Selected Risk Factors
Figure 2.1 Prediabetes and Diabetes Prevalence by Fruit and Vegetable Consumption, Maine Adults, 2009

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes. Adults = ages 18+ years.

Data Source: Behavioral Risk Factor Surveillance System.
Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Recommended amount of physical activity is defined as 30+ minutes of moderate physical activity five or more days per week, or vigorous physical activity for 20+ minutes three or more days per week.
Adults = ages 18+ years.
Data Source: Behavioral Risk Factor Surveillance System.
Figure 2.3 Prediabetes and Diabetes Prevalence by Weight Status, Maine Adults, 2010

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Healthy weight defined as BMI ≥18.5 and <25.0 kg/m²;
Overweight defined as BMI ≥25.0 and < 30.0 kg/m²;
Obese defined as BMI ≥30 kg/m².
Adults = ages 18+ years.
Data Source: Behavioral Risk Factor Surveillance System.

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Figure 2.4 Prediabetes and Diabetes Prevalence by Smoking Status, Maine Adults, 2010

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Adults = ages 18+ years.
*This percentage is based on a numerator < 50 and may be unreliable; please use caution in interpreting.
Data Source: Behavioral Risk Factor Surveillance System.

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Figure 2.5 Prediabetes and Diabetes Prevalence by High Cholesterol Status, Maine Adults, 2009

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Adults = ages 18+ years.
Data Source: Behavioral Risk Factor Surveillance System.
Figure 2.6 Prediabetes and Diabetes Prevalence by High Blood Pressure Status, Maine Adults, 2009

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Adults = ages 18+ years.
Data Source: Behavioral Risk Factor Surveillance System.
Figure 2.7 Prediabetes and Diabetes Prevalence by History of Coronary Heart Disease, Maine Adults, 2010

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes.
Adults = ages 18+ years.
CHD= Coronary Heart Disease.
*This percentage is based on a numerator < 50 and may be unreliable; please use caution in interpreting.
Data Source: Behavioral Risk Factor Surveillance System.
Figure 2.8 Prediabetes and Diabetes Prevalence by History of Stroke, Maine Adults, 2010

Prediabetes and diabetes do not include pregnancy-related prediabetes and diabetes. Adults = ages 18+ years.

*This percentage is based on a numerator < 50 and may be unreliable; please use caution in interpreting.

Data Source: Behavioral Risk Factor Surveillance System.

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Chapter 3

Diabetes and Diabetes-Related Hospitalizations
Figure 3.1 Diabetes Hospitalization Rates by Gender, Maine, 1993-2009

Diabetes Hospitalizations: ICD-9-CM 250; principal diagnosis.
Rates per 10,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: Maine Inpatient Database, Maine Health Data Organization.

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Figure 3.2 Diabetes Hospitalization Rates by Age Group, Maine, 1993-2009

Diabetes Hospitalizations: ICD-9-CM 250; principal diagnosis.
Rates per 10,000 population.
Data Source: Maine Inpatient Database, Maine Health Data Organization.
Figure 3.4 Diabetic Ketoacidosis Hospitalization Rates by Gender, Maine, 1993-2009

Diabetic Ketoacidosis Hospitalizations: ICD-9-CM code 250.1 as the principal diagnosis.
Rates per 10,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: Maine Inpatient Database, Maine Health Data Organization.
Diabetes-Related Hospitalizations: ICD-9-CM 250; any listed diagnosis.
Rates per 10,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: Maine Inpatient Database, Maine Health Data Organization.
Figure 3.6a Diabetes-Related Hospitalization Rates by Age Group, Maine, 1993-2009

Diabetes-Related Hospitalizations: ICD-9-CM 250; any listed diagnosis.
Rates per 10,000 population.
Data Source: Maine Inpatient Database, Maine Health Data Organization.

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Figure 3.6b Diabetes-Related Hospitalization Rates by Age Group (zoomed in), Maine, 1993-2009

Diabetes-Related Hospitalizations: ICD-9-CM 250; any listed diagnosis.
Rates per 10,000 population.
Data Source: Maine Inpatient Database, Maine Health Data Organization.

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Figure 3.7 Diabetes-Related Hospitalization Rates, by County of Residence, Maine 2007-2009

Age-adjusted Hospitalization Rate* per 10,000 population per year
- 123.6 - 135.4
- 135.5 - 161.8
- 161.9 - 183.0
- 183.1 - 199.8

Maine Overall: 157.6

Data Source: Maine Inpatient Database, Maine Health Data Organization.
*Age-adjusted to the year 2000 standard U.S. population
Map Created by David Pied and Nisha Kini on 04/18/2012
Figure 3.8 Diabetes-Related Cardiovascular Disease Hospitalization Rates by Gender, Maine, 1993-2009

Cardiovascular Disease: ICD-9-CM codes 390-434, 436-448; principal diagnosis and diabetes (ICD-9-CM code 250) as other listed diagnosis.
Rates per 10,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: Maine Inpatient Database, Maine Health Data Organization.

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Cardiovascular Disease: ICD-9-CM codes 390-434, 436-448; principal diagnosis and diabetes (ICD-9-CM code 250) as other listed diagnosis.
Rates per 10,000 population.
Data Source: Maine Inpatient Database, Maine Health Data Organization.
Figure 3.10 Diabetes-Related Cardiovascular Disease Hospitalization Rates, by County of Residence, Maine 2007-2009

Age-adjusted Hospitalization Rate* per 10,000 population per year

- 27.3 - 28.1
- 28.2 - 35.8
- 35.9 - 41.8
- 41.9 - 50.6

Maine Overall: 35.7

Data Source: Maine Inpatient Database, Maine Health Data Organization.
Cardiovascular Disease: ICD-9-CM codes 390-434, 436-448; principal diagnosis and diabetes (ICD-9-CM code 250) as other listed diagnosis.
*Age-adjusted to the year 2000 standard U.S. population.

Map Created by David Pied and Nisha Kini on 04/19/2012
Figure 3.11 Diabetes-Related Non-Traumatic Lower Extremity Amputation Hospitalization Rates by Gender, Maine, 1993-2009

Diabetes-Related Non-traumatic Lower Extremity Amputation: Hospitalizations with diabetes (ICD-9-CM code 250) as any listed diagnosis and amputation of the lower limb (ICD-9-CM procedure code 84.1) as any listed procedure and not having ICD-9-CM codes 895–897 (traumatic amputation). Rates per 10,000 population, age-adjusted to the year 2000 standard U.S. population.

Data Source: Maine Inpatient Database, Maine Health Data Organization.
Diabetes-Related Non-traumatic Lower Extremity Amputation: Hospitalizations with diabetes (ICD-9-CM code 250) as any listed diagnosis and amputation of the lower limb (ICD-9-CM procedure code 84.1) as any listed procedure and not having ICD-9-CM codes 895–897 (traumatic amputation).

Rates per 10,000 population.

Data Source: Maine Inpatient Database, Maine Health Data Organization.
Figure 3.13 Diabetes-Related Non-traumatic Lower Extremity Amputation Hospitalization Rates, by County of Residence, Maine 2007-2009

Age-adjusted Hospitalization Rate*
per 10,000 population per year

- 1.4
- 1.5 - 2.0
- 2.1 - 2.4
- 2.5 - 2.8

Maine Overall: 2.0

Data Source: Maine Inpatient Database, Maine Health Data Organization.
Non-traumatic Lower Extremity Amputation: Hospitalizations with diabetes (ICD-9-CM code 250) as any listed diagnosis and amputation of the lower limb (ICD-9-CM procedure code 84.1) as any listed procedure and not having ICD-9-CM codes 895–897 (traumatic amputation).

*Age-adjusted to the year 2000 standard U.S. population.
Map Created by David Pied and Nisha Kini on 04/18/2012
Chapter 4

Diabetes and Diabetes-Related Death
Figure 4.1 Diabetes Death Rates by Year, Maine and U.S., 1993-2009

Change in ICD code represented by break in graph line.
Rates per 100,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: U.S. data-CDC Wonder, Maine data- Data, Research and Vital Statistics, Maine CDC.

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Figure 4.2 Diabetes Death Rates by Gender, Maine, 1993-2009

Change in ICD code represented by break in graph line.
Rates per 100,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: Data, Research and Vital Statistics, Maine CDC.

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Figure 4.3 Diabetes Death Rate by Age Group, Maine, 1993-2009

Change in ICD code represented by break in graph line.
Rates per 100,000 population.
Data Source: Data, Research and Vital Statistics, Maine CDC.
Figure 4.4 Diabetes Death Rates, by County of Residence, Maine 2005-2009

Age-adjusted Mortality Rate*
per 100,000 population per year
- 11.3 - 14.7
- 14.8 - 20.3
- 20.4 - 30.5
- 30.6 - 43.1
Maine Overall: 23.3

Data Source: Maine Mortality Data; Data Research and Vital Statistics, Maine CDC.
Diabetes Deaths: ICD-10 codes E10–E14, underlying cause of death.
*Age-adjusted to the year 2000 standard U.S. population
Map Created by David Pied and Nisha Kiri on 04/18/2012
Figure 4.5 Diabetes-Related Death Rates by Year, Maine and U.S., 1993-2009

Change in ICD code represented by break in graph line.
Rates per 100,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: U.S. data-CDC Wonder, Maine data- Data, Research and Vital Statistics, Maine CDC.
Figure 4.6 Diabetes-Related Death Rates by Gender, Maine, 1993-2009

Change in ICD code represented by break in graph line.
Rates per 100,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: Data, Research and Vital Statistics, Maine CDC.

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Figure 4.7 Diabetes-Related Death Rate by Age Group, Maine, 1993-2009

Change in ICD code represented by break in graph line.
Rates per 100,000 population.
Data Source: Data, Research and Vital Statistics, Maine CDC.
Figure 4.8 Diabetes-Related Death Rates, by County of Residence, Maine 2005-2009

Age-adjusted Mortality Rate*
per 100,000 population per year

- 37.6 - 54.4
- 54.5 - 75.1
- 75.2 - 91.0
- 91.1 - 116.9

Maine Overall: 69.5

Data Source: Maine Mortality Data, Data Research and Vital Statistics, Maine CDC.
Diabetes-Related Deaths: ICD-10 codes E10-E14; underlying or contributing cause of death.
*Age-adjusted to the year 2000 standard U.S. population

Map Created by David Pied and Nisha Kini on 04/18/2012
Figure 4.9 Diabetes-Related Cardiovascular Disease Deaths by Year, Maine and U.S., 1993-2009


Rates per 100,000 population, age-adjusted to the year 2000 standard U.S. population.

Data Source: U.S. data-CDC Wonder, Maine data- Data, Research and Vital Statistics, Maine CDC.

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Figure 4.10 Diabetes-Related Cardiovascular Disease Deaths by Gender, Maine, 1993-2009

Rates per 100,000 population, age-adjusted to the year 2000 standard U.S. population.
Data Source: Data, Research and Vital Statistics, Maine CDC.
Figure 4.11 Diabetes-Related Cardiovascular Deaths by Age Group, Maine, 1993-2009

Figure 4.12 Diabetes-Related Major Cardiovascular Disease Death Rates, by County of Residence, Maine 2005-2009

Age-adjusted Mortality Rate*

- per 100,000 population per year
- 10.9 - 17.0
- 17.1 - 22.8
- 22.9 - 27.6
- 27.7 - 35.1

Maine Overall: 20.9

Data Source: Maine Mortality Data, Data Research and Vital Statistics, Maine CDC. Diabetes-Related Major Cardiovascular Disease Deaths: ICD-10 codes I00-I78; underlying cause of death and ICD-10 codes E10–E14 as contributing cause of death. *Age-adjusted to the year 2000 standard U.S. population Map Created by David Pied and Nisha Kini on 04/18/2012
Chapter 5

Healthy Maine 2010 Milestones Achieved and Healthy Maine 2020 Objectives
There are no figures for Chapter 5
Chapter 6

Preventive Practices among Maine Adults with Diabetes
Figure 6.1 Preventive Practices among Maine Adults with Diabetes, 2010

- Had at least 2 HbA1C tests in the Past Year: 79.5%
- Checked their Blood Glucose Level Daily: 58.9%
- Had at least one Health Care Visit for Diabetes in the Past Year: 87.5%
- Had a Dilated Eye Exam in the Past Year: 75.3%
- Checked Feet Daily for Sores or Irritation: 59.4%
- Ever Received Education on Diabetes Self Management: 61.7%
- Ever Received Pneumococcal Vaccine: 69.7%
- Received Flu Vaccine Within the Past Year: 72.2%
- Had Dental Visit at least Once in the Past Year: 57.5%

Diabetes does not include pregnancy-related diabetes.
Adults = ages 18+ years
HbA1C= Hemoglobin A "one" C
Data Source: Behavioral Risk Factor Surveillance System

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