Diabetes Prevalence by Gender, Age and Race in the United States (Trends Between 2005-2019)

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BACKGROUND

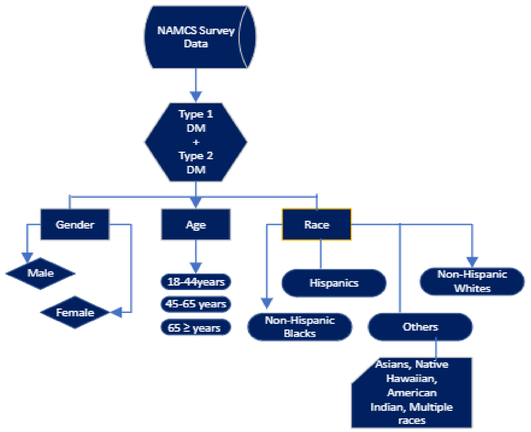
- Diabetes mellitus is a complicated metabolic illness that is defined by long-term high blood sugar levels.[1,2]
- It presents a major public health problem worldwide and has severe consequences for both individual health and healthcare systems.[3]
- Understanding the prevalence of diabetes and its trends over time, particularly concerning age, gender, and ethnicity, is paramount for informing targeted interventions.[3,4]
- In the United States, the burden of diabetes has reached epidemic proportions, affecting millions of individuals.[4]

OBJECTIVE

- This study aims to provide a concise yet comprehensive overview of the nature of physician visits for patients with diabetes by gender, race and age in the United States.

METHODS

- Representative data on diabetes was collected from the National Ambulatory Medical Care Survey (NAMCS) through the Centre for Disease Control database from 2005 to 2019.
- Data obtained from persons diagnosed with Type 1 diabetes and Type 2 diabetes as reported by NAMCS between 2005 and 2019 and the physician visits from the patient weight visits data were analysed using crosstabulation procedures on IBM SPSS Statistics 29.0.



RESULTS

Table 1. Descriptive Statistics

Characteristics	Diabetes by Physician Visits 2005-2019 Estimates Percentage (95% CI)
Total	14.56 (13.6 – 15.52)
Race	
Hispanics	17.06 (15.46 – 18.66)
Non-Hispanic White	13.44 (12.58 – 14.29)
Non-Hispanic Black	18.81 (17.20 – 20.42)
Others	16.02 (14.57 – 17.48)
Gender	
Male	17.45 (16.20 – 18.70)
Female	12.59 (11.80 – 13.38)
Age in Years	
18-44	4.36 (3.90 – 4.83)
45-64	15.69 (14.72 – 16.66)
≥65	21.88 (20.59 – 23.16)

Figure 1. Physician Visits Pattern by Race and Age Group

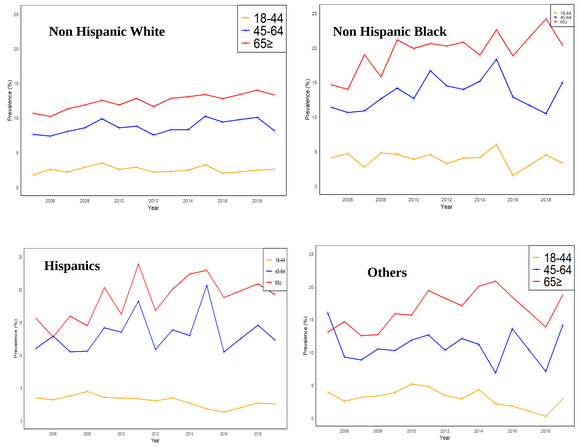


Figure 2. Physician Visits Pattern of Diabetes Prevalence in the States

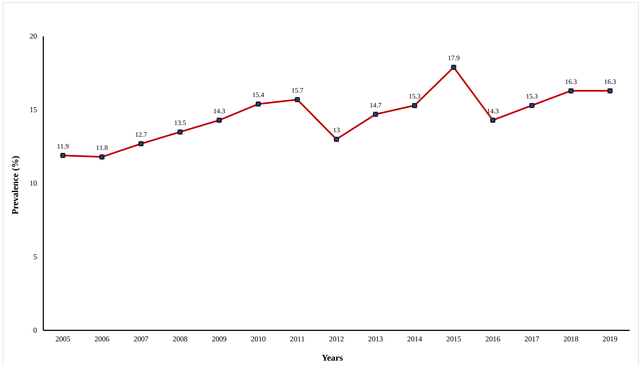


Figure 3. Physician Visits Pattern by Gender and Age Group

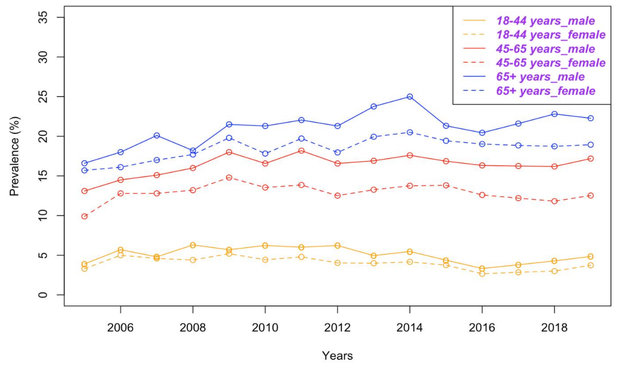
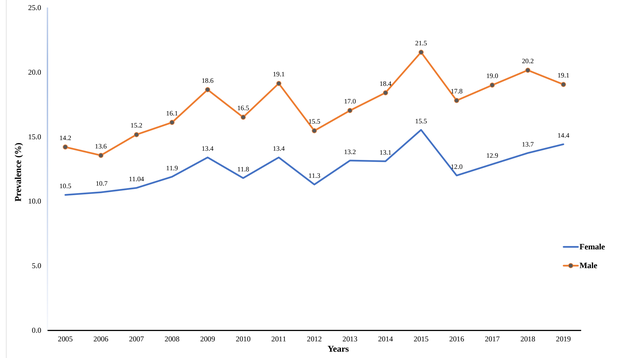


Figure 4. Physician Visits Pattern of Diabetes Prevalence by Gender



DISCUSSION

- Our findings present a concerning trend of rising diabetes prevalence by physician visits in the United States over a 15-year period from 2005 to 2019. Starting at 11.9% in 2005 and climbing to 16.3% in 2019.
- There appears to be a slight overall increase in prevalence for all groups except for males aged 18-44, which shows a minor decrease
- It highlights the need for effective preventive measures, early detection programs, and management strategies to address the increasing prevalence of diabetes.

Limitations

- This analysis highlights the need for further investigation into the reasons behind these observed disparities. Social determinants of health, such as access to healthcare, socioeconomic status, and cultural factors, play a significant role.
- Additionally, a longer time frame could reveal more robust trends, particularly regarding the recent decline observed in Hispanic females.

CONCLUSION

- We found that age group, gender, and racial cohorts are predictors influencing the physician visits for patients with diabetes in the U.S., and understanding the varying rates of diabetes in different age groups, racial cohorts, and genders reveals a complicated web of variable.

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REFERENCES

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