

Population – health

Data Sheet

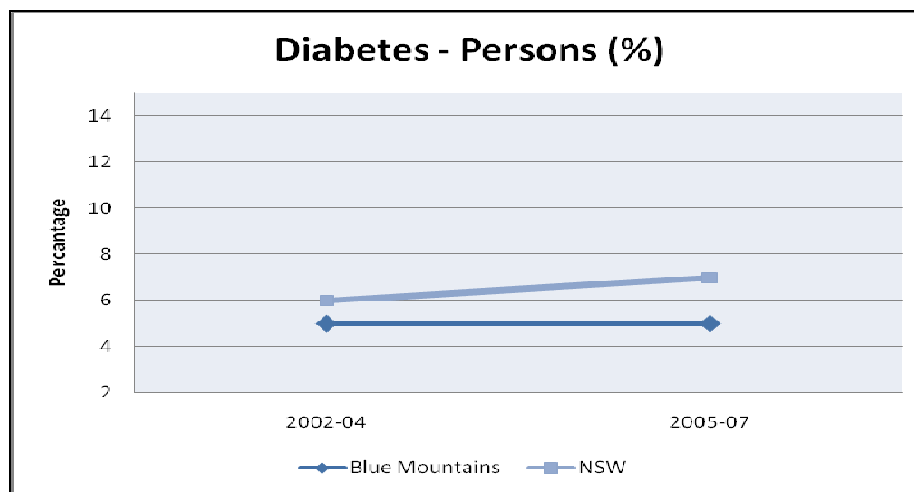
51
2009

What are we monitoring?

The percentage of residents diagnosed with diabetes

What is the trend?

The trend shows that levels of diabetes have remained steady in the Blue Mountains between 2002-2004 and 2005-2007, a trend also reflected at the state level.



DIABETES						
	BLUE MOUNTAINS			NSW		
Year	Male %	Female %	Persons %	Male %	Female %	Persons %
2002-04	6	5	5	7	6	6
2005-07	6	4	5	8	7	7

This data includes those who either had diabetes or high blood glucose but did not have gestational diabetes.

Why is monitoring this trend important?

Type II diabetes is a preventable life style disease that carries a range of associated problems. These included increased risk of cardiovascular disease and premature death. People who have adequate physical activity, do not smoke and/or drink at risky levels have reduced risk of developing Type II diabetes.

Source: NSW Health (2009). New South Wales Population Health Survey. 2005-2007 Report on adult health. Blue Mountains Division of General Practice.