

More than 1 in 10 Delaware Adults Report Having Diabetes in 2022

In 2022, **13.9 percent** of Delaware residents ages 18 and older reported they had been **diagnosed with diabetes**.

That means more than **111,808 Delaware adults** know they have diabetes, according to the Delaware Behavioral Risk Factor Survey (BRFS). This prevalence does not include gestational diabetes. Starting in 2022, the BRFS asked respondents if they had Type 1 and Type 2 diabetes. Among Delaware adults, 90.9 percent reported having Type 2 diabetes, compared to 9.1% of Delaware adults having Type 1 diabetes.

Trend in Adult Diabetes Prevalence in Delaware

2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
9.7%	9.6%	11.1%	11.1%	11.5%	10.6%	11.3%	11.9%	12.8%	12.4%	12.0%	13.9%

Source: Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2011-2022

There has been a significant increase in diabetes between 2012 and 2022.

In 2022, there were significant differences among racial groups: **19.7 percent of Non-Hispanic Black adults and 13.0 percent of Non-Hispanic White adults** were diagnosed with diabetes.

Diabetes also becomes **more prevalent with age**. Only 4.2 percent of adults ages 18-44, compared to 19.4 percent among adults ages 55-64; and **23.8 percent among those 65 and older**. There is no statistically significant differences between men (15.0 percent) and women (12.8 percent).

Pre-Diabetes

The survey asks about "pre-diabetes," or borderline diabetes. In 2022, among adults who do not have diagnosed diabetes, **14.0 percent**—or more than 93,000 Delawareans—reported being told they have pre-diabetes.

People with pre-diabetes are at risk for developing type 2 diabetes, but they can significantly **reduce that risk by increasing physical activity and eating a healthier diet.**

Compliance With Recommendations

The 2022 Delaware BRFSS also provides information about compliance with recommendations for people with diabetes.

- **60.6 percent** say they check their blood glucose (sugar) levels one or more times per day. [The recommended frequency is three times a day for most diabetic adults.]
- **95.2 percent** reported seeing their doctor within the past year.
- **96.5 percent** say they have been checked by a doctor for Hemoglobin A1-C one or more times in the past year.
- **70.8 percent** of people with diabetes had an eye exam in which their pupils were dilated during the past year. In addition, **87.5 percent** of people with diabetes had an eye exam in which a photo of the back of the eye is taken with a specialized camera.
- 8.8% of people with diabetes have had sores or irritations on their feet that took more than four weeks to heal.
- Half (**49.0 percent**) of all adults diagnosed with diabetes say they have taken a course or class in how to manage diabetes. **28.2 percent** of adults diagnosed with diabetes say that they have taken a course in how to manage diabetes within the past five years.

Weight and Diabetes



Overweight and obesity are major contributing factors for developing diabetes. In Delaware, **23.9 percent** of adults who report being obese have been diagnosed with diabetes, compared with **5.3 percent** of adults who report normal weights. About **89.3 percent** of adults with diagnosed diabetes are either overweight or obese.

Obesity among Delaware adults more than doubled from 13 percent in 1992 to **37.9 percent** in 2022. The prevalence of diagnosed **diabetes among Delaware adults also doubled** from 4.9 percent in 1991 to 13.9 percent in 2022.

Demographic factors for diabetes closely parallel the factors related to overweight and obesity. Adults with lower educational levels and low income have a higher prevalence of obesity and diabetes. Below is a chart showing obesity and diabetes prevalence by state and by county.

2022 Diabetes Prevalence by County

State	New Castle Co.	Kent County	Sussex County
13.9%	13.9%	13.3%	14.1%

2022 Obesity Prevalence by County

State	New Castle Co.	Kent County	Sussex County
37.9%	37.6%	40.6%	36.7%

Source: Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2022.

Disabilities and Diabetes

About 25.4 percent of Delaware's adult population report having activities limited by a physical, mental or emotion problem, or having a health problem that requires them to use special equipment (such as a cane, wheelchair, a special bed, or a special telephone). However, **among people diagnosed with diabetes, 40.4 percent report having a disability**. About 22.0 percent of all adults with a disability say they have been diagnosed with diabetes.

Depression and Diabetes

About 19.9 percent of Delaware's adult population report being told they have a depressive disorder—including depression, major depression, dysthymia, or minor depression. **Among people diagnosed with diabetes, 25.2 percent report having a depressive disorder**. About 17.6 percent of all adults with a depression say they have been diagnosed with diabetes.