

Module: Diabetes (None by Age Group because of small numbers)

NNHS.Q82: How old were you when you were told you have diabetes

| | Mean | Lower Estimate | Upper Estimate | N |
|--------|-------|----------------|----------------|-----|
| Age | 45.23 | 42.47 | 48.00 | 553 |
| Male | 31.99 | 28.15 | 35.83 | 167 |
| Female | 37.75 | 35.88 | 39.30 | 386 |

How old were you when you were told you have diabetes, by Agency

| Agency | Point | Lower | Upper | N |
|--------------|-------|-------|-------|-----|
| Chinle | 34.25 | 33.04 | 35.46 | 136 |
| Eastern | 43.79 | 42.27 | 45.32 | 113 |
| Ft. Defiance | 36.22 | 33.47 | 38.98 | 87 |
| Northern | 43.15 | 40.81 | 45.49 | 135 |
| Western | 40.80 | 38.91 | 42.69 | 25 |

NNHS.Q83: Are you now taking insulin?

| | Percent | Lower Estimate | Upper Estimate | N |
|--------|---------|----------------|----------------|-----|
| Yes | 29.4% | 23.3% | 36.4% | 592 |
| Male | 20.5% | 10.1% | 37.2% | 175 |
| Female | 31.5% | 20.2% | 45.4% | 417 |

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NNHS.Q84: About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

| | Mean | Lower Estimate | Upper Estimate | N |
|----------------|------|----------------|----------------|-----|
| Times per week | 6.64 | 5.30 | 7.97 | 578 |
| Male | 4.99 | 2.94 | 7.05 | 175 |
| Female | 7.79 | 6.00 | 9.58 | 403 |

NNHS.Q85: About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional?

| | Mean | Lower Estimate | Upper Estimate | N |
|----------------|------|----------------|----------------|-----|
| Times per week | 6.23 | 5.10 | 7.36 | 587 |
| Male | 4.79 | 3.07 | 6.51 | 174 |
| Female | 6.05 | 4.72 | 7.37 | 413 |

NNHS.Q86: About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

| | Mean | Lower Estimate | Upper Estimate | N |
|----------------|------|----------------|----------------|-----|
| Times per year | 3.66 | 3.13 | 4.20 | 580 |
| Male | 3.34 | 2.47 | 4.22 | 172 |
| Female | 3.45 | 2.72 | 4.19 | 408 |

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NNHS.Q87: A test for “A one C” measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for “A one C”?

| | Mean | Lower Estimate | Upper Estimate | N |
|----------------|------|----------------|----------------|-----|
| Times per year | 2.99 | 2.54 | 3.44 | 534 |
| Male | 2.63 | 1.85 | 3.42 | 153 |
| Female | 2.97 | 2.54 | 3.41 | 381 |

NNHS.Q88: About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

| | Mean | Lower Estimate | Upper Estimate | N |
|----------------|------|----------------|----------------|-----|
| Times per year | 3.07 | 2.57 | 3.57 | 569 |
| Male | 2.30 | 1.70 | 2.89 | 167 |
| Female | 3.23 | 2.48 | 3.98 | 402 |

NNHS.Q89: When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light? (N=571)

| Frequency | Total | Male (N=172) | Female (N = 399) |
|-------------------------|----------------------|----------------------|----------------------|
| Within the past month | 22.4% (16.8%, 29.2%) | 16.9% (7.0%, 35.4%) | 23.7% (12.7%, 39.8%) |
| Within the past year | 55.9% (48.7%, 62.9%) | 40.8% (22.9%, 61.5%) | 51.2% (37.8%, 64.5%) |
| Within the past 2 years | 7.6% (5.1%, 11.2%) | 15.8% (4.9%, 40.6%) | 12.7% (4.8%, 29.7%) |
| 2 or more years ago | 11.0% (5.9%, 19.7%) | 24.8% (11.6%, 45.3%) | 8.5% (2.6%, 24.7%) |
| Never | 3.1% (1.6%, 5.9%) | 1.7% (0.6%, 5.4%) | 3.9% (1.2%, 11.7%) |

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NNHS.Q90: Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

| | Percent | Lower Estimate | Upper Estimate | N |
|---------------|---------|----------------|----------------|-----|
| Yes | 42.7% | 35.0% | 50.8% | 583 |
| Male | 50.5% | 40.1% | 60.8% | 175 |
| Female | 39.1% | 25.6% | 55.7% | 408 |

NNHS.Q91: Have you ever taken a course or class in how to manage your diabetes yourself?

| | Percent | Lower Estimate | Upper Estimate | N |
|---------------|---------|----------------|----------------|-----|
| Yes | 53.0% | 45.4% | 60.5% | 586 |
| Male | 42.0% | 28.0% | 57.4% | 174 |
| Female | 60.4% | 46.5% | 72.8% | 412 |