

Presence of Risky Health Behaviors among Adults with Diabetes:

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To improve our understanding of the association between diabetes and a broad range of risk behaviors across the adult lifespan, N=997 Seattle Longitudinal study participants were evaluated, of which N=89 (10%) had a diabetes diagnosis between 1993-1998. Sample mean age in 1993 was 60.88 (range = 25-91; 15% young: 25-44 years, 37% middle-aged: 45-64 years, 30% young-old: 65-74 years, 18% old-old: 75+ years). Among diabetic individuals: 5% smoked, 5% drank excessively, 52% exercised less than 3 hours/week, 41% were obese, 7% did not have regular medical checkups, 19% slept too much or too little, 35% did not have regular dental care, and 1% did not use their seat belts regularly. Young and young-old diabetics were more likely to smoke compared to their non-diabetic age counterparts and across age groups within diabetics. Diabetics were twice as likely to be obese (41% versus 20% for non-diabetics), with obesity highest among middle-aged (61%) and young-old (33%) diabetic adults. Fewer non-diabetic adults remained obese, compared to adults with diabetes. These findings highlight the need for global longitudinal health behavior assessment among individuals with diabetes to prevent comorbidity and complications.