



# Blood Glucose and Diabetes

## Selected Results from STEPS to a Well Bermuda 2014

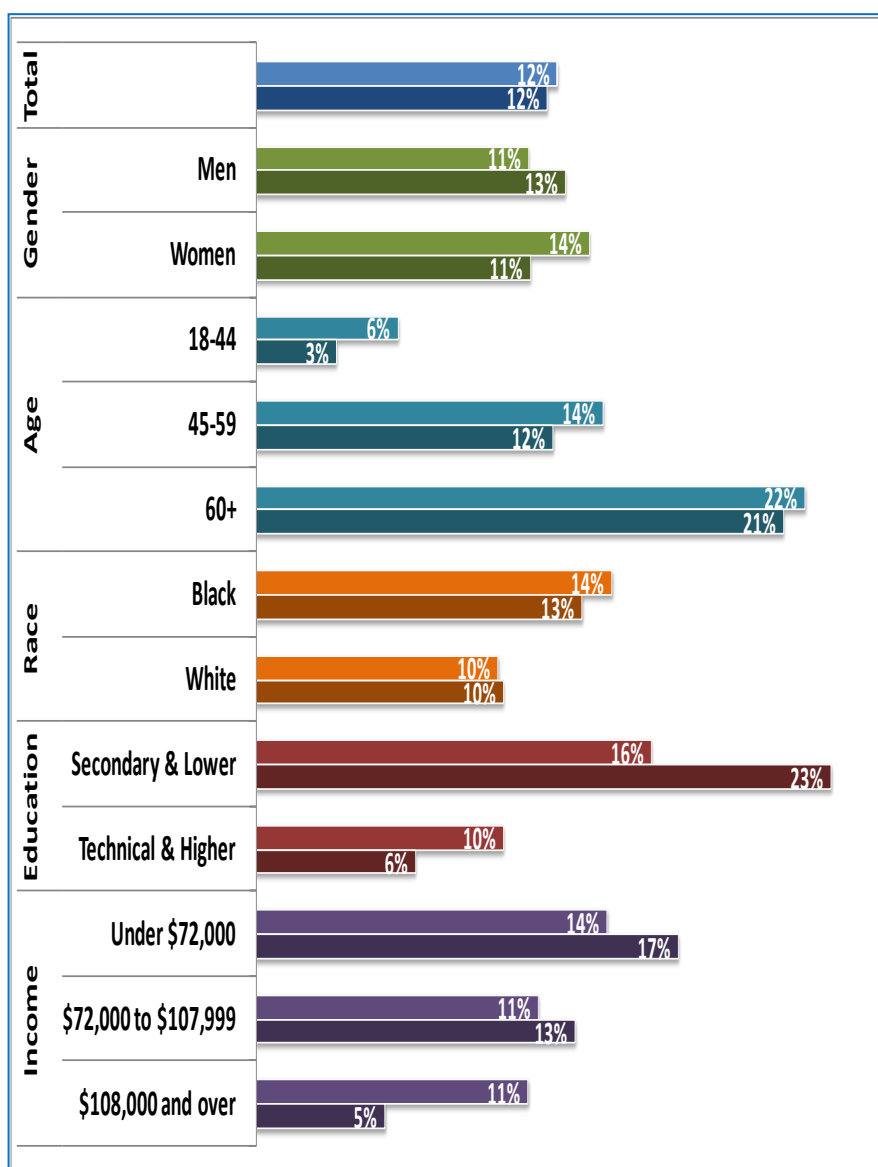
Blood glucose (also known as blood sugar) is important to health as it provides the body with energy. However, high levels of glucose in the blood over a long period of time, as may occur when a person has diabetes, can damage blood vessels. This increases the risk of heart attack, stroke, kidney disease, limb amputation and blindness. Maintaining a healthy weight, eating a healthy diet, regular physical activity and sometimes medication can assist in maintaining healthy blood glucose levels.

### Highlights

- Nearly 1 in 8 adults report a diagnosis of raised blood glucose or diabetes.
- Of those adults reporting a diagnosis of raised blood glucose or diabetes, over half are using medication to control their blood glucose levels.
- Out of every 20 diagnosed diabetics, 3 use insulin for control of their blood glucose levels.
- Nearly 1 in 8 adults had measured raised blood glucose levels or used medication to control their blood glucose levels at the time of the survey.
  - Older adults were more likely to have raised blood glucose than younger adults.
  - Persons with lower education and lower income were more likely to have raised blood glucose than those with higher education and higher income.

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Figure 1. Percentage of adults reporting a diagnosis of raised blood glucose or diabetes (lighter bars) and percentage of adults with measured fasting raised blood glucose\* or using medication to control blood glucose levels or diabetes at time of survey (darker bars)



\*raised blood glucose is defined as fasting capillary whole blood glucose  $\geq 110$  mg/dl