

Health And Nutrition Strategist™ Diabetes Fact Sheet

Diabetes is a serious lifelong illness. It is a disorder of the human body's metabolism. People with diabetes either produce little or no insulin, or the body does not respond appropriately to the insulin that is produced. A healthy diet, physical activity, and insulin (and/or an oral medication) are the basic strategies for managing either Type 1 or Type 2 diabetes. A person's health and nutrition lifestyle is one of the largest factors in determining the onset of Type 2 diabetes. Ethnicity and age are also significant factors.

According to the National Diabetes Information Clearinghouse, as of 2005 an estimated 20.6 million people aged 20 years or older had diabetes (or 9.6% of the adult population). Decision Analyst's Health And Nutrition Strategist™ confirms this percentage, including Type 1 and Type 2 diabetes.

Along with aging baby boomers and Americans' growing waist lines, Type 2 diabetes is becoming more prevalent, making diabetics a large and important market for food, beverage, restaurants, and pharmaceutical companies. The diabetics market is even more important than it might seem, because any household with a diabetic member (including children with diabetes) tends to modify food and beverage purchases for the whole family. So perhaps as many as 20 to 25 million households are directly or indirectly influenced by diabetes.

Demographics Of Diabetics

The data from Health And Nutrition Strategist™ reinforces the evidence that diabetes is most often associated with age and obesity.

- Diabetics tend to be older.
 - 82.2% of diabetics are aged 45 or older, compared to 46.6% of nondiabetics.
- Diabetics are more likely to earn less.
 - 62.0% of diabetics have an annual pretax income per year of less than \$50,000, compared to 52.8% of nondiabetic adults.
 - 7.1% of diabetics earn more than \$100,000, compared to 16.0% of nondiabetic adults.
- Diabetics are more likely to be overweight.
 - 10.3% of diabetics weigh more than 300 pounds and 16.4% weigh between 250 and 299 pounds, compared to 2.7% and 6.5% of the nondiabetic adults, respectively.
 - The average weight of a diabetic is 210 pounds, while the average for nondiabetic adults is 175 pounds.
- And diabetics know they are overweight.
 - 49.8% of diabetics say they are "more than 30 pounds overweight," compared to 24.3% of the nondiabetic adults.
 - Only 11.3% of diabetics describe their weight as being "about right," compared to 24.9% of the nondiabetic adults.



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Diet And Lifestyle

Since diabetes is more prevalent among those aged 45 or older, the following tables present more detailed information for this age group.

What Actions Are Diabetics Taking To Improve Their Health? Diabetics are taking more actions to improve their health than nondiabetics, such as taking an eye exam, making changes to their diet, and getting a flu shot. However, diabetics are not paying attention to every aspect of their health; they are less likely to get a dental exam or checkup than nondiabetics.

**Percent Who Took Action To Improve Their Health
Aged 45 Or Over**

Healthcare Activities	Nondiabetics Aged 45+	Diabetics Aged 45+
Had a dental exam or checkup	42.0%	33.6%
Lost weight	29.2%	37.5%
Had an eye exam	33.1%	48.3%
Had a flu shot	31.0%	44.5%
Made significant changes to my diet	19.1%	28.6%

Question: Which of the following actions have you taken in the past 6 months?

How Frequently Do Diabetics Exercise? Diabetics are less likely to exercise than nondiabetics. When diabetics do exercise, they exercise fewer hours per week than nondiabetics.

**Percent Who Exercise Weekly
Aged 45 Or Over**

Hours Of Weekly Exercise	Nondiabetics Aged 45+	Diabetics Aged 45+
Less than 1 hour per week	16.3%	19.8%
1 to 3 hours per week	29.0%	28.1%
4 or more hours per week	31.3%	21.8%
Don't exercise regularly	23.4%	30.3%

Question: About how often do you exercise during an average week? By exercise we mean any type of physical activity (i.e., walking, running, cycling, tennis, weight lifting, etc.) regularly and intentionally performed to develop and maintain your physical fitness.

Are Diabetics Dieting? Even though the table on the next page shows that diabetics are more likely to eat some fattening foods such as sausage, hot dogs, and carbonated soft drinks, they are also more likely to have been on a diet, and more likely to have been on a low-sugar/diabetic, low-calorie, and low-carbohydrate diet.

**Percent On A Diet In The Past 12 Months
Aged 45 Or Over**

Diet	Nondiabetics Aged 45+	Diabetics Aged 45+
Low sugar/diabetic	7.0%	52.3%
Low calorie	16.2%	22.1%
Low carbohydrate	12.9%	33.2%
I have not been in a diet on the past 12 months/have never been on a diet	59.6%	33.0%

Question: Which of the following types of diets, if any, have you been on in the past 12 months?

What Do Diabetics Eat? When it comes to food, both nondiabetics and diabetics eat “bad” foods, but the bad foods differ. Diabetics are more likely to consume hot dogs, sausages and carbonated soft drinks, while nondiabetics are more likely to consume tortilla chips, cakes/brownies, and chocolate. For diabetics, eating more meats is consistent with the “low-carbohydrate” and “low-sugar/diabetic” diets.

**Percent Who Consumed The Following Food Items In The Past 30 Days
Aged 45 Or Over**

Food Item	Nondiabetics Aged 45+	Diabetics Aged 45+
Meat		
Beef cuts, such as steaks, roasts	61.4%	66.2%
Hot dogs	45.6%	56.8%
Sausage	44.6%	53.9%
Snacks		
Cookies	60.3%	59.2%
Chocolate candy/Chocolate candy bars	57.2%	48.3%
Cakes/Brownies	34.8%	29.1%
Tortilla chips	35.1%	26.5%
Drinks		
Bottled water	60.4%	55.7%
Carbonated soft drinks	65.1%	75.2%
Wine	32.8%	20.5%

Question: Which of the following (food) items, if any, have you eaten (consumed) in the past 30 days, including both at home and away from home?

Where Do Diabetics Eat? Diabetics are more likely to visit IHOP, Golden Corral, McDonald's, and KFC.

**Percent Who Visited Restaurant In Past 12 Months
Aged 45 or Over**

Restaurant	Nondiabetics Aged 45+	Diabetics Aged 45+
Casual Dining Restaurants		
Applebee's	33.7%	32.6%
IHOP (International House of Pancakes)	19.8%	25.1%
Golden Corral	12.1%	18.4%
Fast-Food/Quick-Serve Restaurants		
McDonald's	54.3%	61.9%
KFC (Kentucky Fried Chicken)	36.6%	43.2%
Long John Silver's	13.9%	20.2%

Question: From which of the following restaurants have you purchased food or beverages in the past 12 months, including dine-in, take-out or delivery? (Include breakfast, lunch, dinner and snacks)

Do Diabetics Use Nutritional Labels? Diabetics are more influenced by nutritional labels when choosing which product or brand to buy than nondiabetics. Both diabetics and nondiabetics are more likely to use nutritional labels to decide what products to buy, compared to what brands to buy.

Percent Who Use Nutritional Labels to Choose Products And Brands Aged 45 Or Over

Frequency	Products To Buy		Brands To Buy	
	Nondiabetics Aged 45+	Diabetics Aged 45+	Nondiabetics Aged 45+	Diabetics Aged 45+
Always or often	51.9%	59.3%	45.5%	50.8%
Sometimes	27.8%	26.1%	27.6%	27.0%
Rarely or never	20.3%	14.6%	26.9%	22.2%

Question: When shopping for foods and beverages, how often do you use the nutritional information found on the label or package to decide which (products/brands) to buy?

Conclusion

Diabetics constitute a very large market, with the health and nutritional choices of as many as 20 to 25 million households influenced by one or more members suffering from diabetes. All trends in the U.S. point toward even greater levels of diabetics in the future population, as more and more individuals pursue sedentary lifestyles and overeat. This means that companies that take major steps now to understand this market will be positioned to exploit growth in the diabetic population.

This paper presents only the “tip of the iceberg.” Hundreds and hundreds of additional facts about diabetics are included in the Health and Nutrition Strategist™.

Background And Methodology

This Diabetes Fact Sheet is from Decision Analyst’s Health And Nutrition Strategist™. The data were collected using the American Consumer Opinion® online panel on a continuous basis starting in January 2006 to March 2008, using a nationally representative statistically balanced sample of 9,265 adults (aged 18+), of which 4,636 were aged 45 or over. The margin of statistical error ranges from 2.5% to 3.5%, plus or minus, at a 95% confidence level.

About Decision Analyst

Decision Analyst is a global marketing research and analytical consulting firm. The company specializes in advertising testing, strategy research, new products research, and advanced modeling for marketing-decision optimization.



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Best Foods for You: Healthy Food Choices for People with Diabetes

Making Choices

Managing diabetes from day to day is up to you. A large part of it is making choices about the foods you eat. Everyone knows that vegetables are healthier than cookies. But there are also best choices within each food group.

A best choice is a food that is better for you than other foods in the same group. Best choices are lower in saturated fat, trans fat, added sugar and sodium than similar foods.

Nonstarchy Vegetables

► The best choices are fresh, frozen and canned vegetables and vegetable juices without added salt (sodium), fat or sugar such as:

- Asparagus
- Green beans
- Carrots
- Cabbage
- Eggplant
- Cauliflower
- Broccoli
- Mushrooms
- Tomatoes
- Spinach
- Onion
- Peppers

► If using canned veggies, drain and rinse them with water to wash away about 40% of the sodium.

Fruit

► The best choices are fresh, frozen and canned fruits without added sugars such as:

- Apple
- Blueberries
- Orange
- Grapefruit
- Grapes
- Peaches
- Pear
- Plums
- Cherries

► If you use canned fruit in syrup, drain and rinse the fruit with water to wash away the extra syrup.

Milk

► The best choices are milk and yogurt without added sugars such as:

- Fat-free or low-fat milk (1%)
- Unflavored soy milk
- Plain, nonfat yogurt
- “light” yogurt

Grains and Starchy Vegetables

► The best choices are whole grain foods, beans, peas and lentils and starchy vegetables without added fats, sugars or sodium.

Best Choices of Whole Grain Foods

► Look for cereals, breads, and grains with these whole grains as the first ingredient:

- Whole wheat flour
- Whole oats/oatmeal
- Whole-grain corn/corn meal
- Popcorn
- Brown rice
- Whole-grain rye
- Whole-grain barley
- Wild rice
- Buckwheat/buckwheat flour
- Triticale
- Bulgur (cracked wheat)
- Millet
- Quinoa
- Sorghum

► Choose cereals with at least 3 grams of fiber and less than 6 grams of sugar per serving.

Best Choices of Legumes and Lentils

- Beans such as black, pinto and kidney
- Lentils and dried peas
- Fat-free refried beans and vegetarian baked beans

The Easy Way to Eat Healthy

A healthy eating pattern is about making smart choices. The American Heart Association recommends:

ENJOY a variety of vegetables, fruits, whole grains, non-tropical vegetable oils, low-fat & fat-free dairy products, fish, skinless poultry, lean & extra lean meat, nuts, seeds, beans, and legumes

LIMIT sugary drinks, sweets, fatty or processed meats, solid fats, and salty or highly processed foods

AVOID partially hydrogenated oils

DAILY AMOUNTS



Vegetables

fresh, frozen, canned and dried

5 servings

or 1.5 to 2.5 cups



Fruits

fresh, frozen, canned and dried

4 servings

or 1 to 2 cups



Whole Grains

6 servings of grains recommended, at least half should be whole grains

3 to 6 servings

or 3 to 6 oz



Dairy

low-fat (1%) and fat-free

3 servings

or 3 cups



Proteins

poultry, fish, lean meat, eggs, nuts, seeds, beans and legumes

2 servings

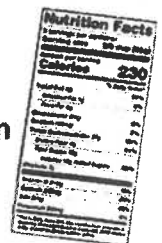
or 5.5 oz



Oils

polyunsaturated and monounsaturated

3 Tbsp



Compare nutrition labels. Choose products with the lowest amounts of sodium, saturated fat and added sugars.

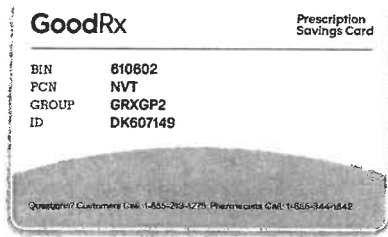
Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day. Your calorie needs may be different. Cup/oz equivalent may vary depending on form of food.

Find out more about serving sizes at heart.org/servings.



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