Definition: **Diabetes mellitus** is a group of metabolic diseases characterized by high blood sugar levels over a prolonged period of time. When you have diabetes, either your body doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in the blood and can lead to serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.¹

**Blood Pressure** is the force of blood flow through the blood vessels. High blood pressure increases the risk of heart attacks, strokes, eye problems, and kidney diseases. High blood pressure is often defined as 140/90 or higher.¹

Summary:

- In 2014, the percentage of Alaska Native people living with diabetes who had a blood pressure less than 140/90 was 66%.
- In 2014, the percentage of Alaska Native people living with diabetes who had a blood pressure greater than or equal to 140/90 was 30%.
- The percentage of Alaska Native people living with diabetes who had a blood pressure greater than 160/95 has increased significantly (200%) since 2007.

Blood Pressure Among Diabetic Population, 2014
Data Source: IHS Diabetes Care and Outcomes Audit

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¹ Centers for Disease Control and Prevention, Division of Diabetes Translation
** Includes all Alaska Native and American Indian patients seen at any IHS facility

Data Source: IHS Diabetes Care and Outcomes Audit

* Significant change p < 0.05
** Includes all Alaska Native and American Indian patients seen at any IHS facility
Note: Some people living with diabetes do not have a reported blood pressure value, thus the rows for each population do not sum to 100%.