

## RELATION BETWEEN THE DIABETES AND CERTAIN MORBIDITIES IN ELDERLY POPULATION IN PUERTO RICO

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**Introduction:** The prevalence of diabetes mellitus is increasing around the world. Obesity, an important risk factor for the diabetes, is also increasing. The diabetes epidemic will affect Latin America and the Caribbean. Evidence of previous research indicates that elderly Puerto Ricans have a higher prevalence of diabetes, especially among women.

Preliminary analyses demonstrate that global prevalence of the diabetes in Puerto Rico according to PREHCO<sup>1</sup> is 28%; prevalence in women is slightly higher than men. This rate is similar to the rates of prevalence of other studies on Puerto Ricans who live in the United States and in Puerto Rico which estimate that residents of Puerto Rico have 1.8 times more probability of being diagnosed with diabetes than the non-Hispanic in the United States. The rate of PREHCO probably underestimates the true prevalence of diabetes, since it is based on the self-reported diabetes.

Depression can be taken as a result of the diabetes, but also it seems to be a risk factor for diabetes. The combination of depression and diabetes has been also associated with poor health condition. Depression seems to be a risk factor of heart diseases and the diabetics tend to have a greater risk of cardiac diseases. Diabetics seem to suffer more of hypertension than the non-diabetics, this could mean a greater risk for them. It has been

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<sup>1</sup> Puerto Rican Elderly Health Conditions

documented that obesity is a risk factor for diabetes. PREHCO data reveal a relatively high prevalence of obesity. Both, obesity and diabetes can imply serious diseases. Previous results have presented the relation between diabetes and obesity. The PREHCO data also suggest that childhood conditions seem to influence health in older adults. Depression in the elderly is a serious health problem as well as diabetes seems to be affected by the conditions of early childhood conditions.

**Objective:** This poster tries to analyze the relation between the prevalence of the diabetes and certain chronic diseases, cardiovascular diseases, depression, and obesity among others.

**Method.** In order to obtain our objective one will analyze information available in the Puerto Rican Elderly Health Conditions (PREHCO). This project was designed to gather quality baseline information on issues related to health of elderly Puerto Ricans. PREHCO is a cross-sectional survey of non-institutionalized population ages 60 and over and their surviving spouses who were resident in Puerto Rico in 2002. The sample is a multistage, stratified sample of the elderly. A total of 4,293 in home face-to-face targets were conducted with an overall response rate of 93.9%. Logistic models will be used to consider the probability of suffering of diabetes and of suffering of depression, obesity and heart diseases controlling by several variables: age, sex, the education, the childhood socioeconomic conditions.

**Preliminary results:** Data appear to demonstrate a relation between diabetes and depression and attempt to show if depression predicts diabetes or the opposite: diabetes predicts the depression. Diabetics have a higher prevalence of depression than non-diabetics do. They have a greater risk of suffering other diseases like heart attack cardiovascular disease or obesity.

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