

Berlin, November 10, 2011

Survey on diabetes

Data based on a survey with 1,002 respondents

Survey period: November 4th to 8th, 2011

Statistical margin of error: +/- 3 percentage points

Commissioned by: Science Year Health Research

The Forsa Institute for Social Research and Statistical Analysis

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1. Difference between Type 1 Diabetes and Type 2 Diabetes

Twenty-five percent of those surveyed gave a correct answer regarding the difference between type 1 and type 2 diabetes. Correct answers were given by women and over 30-year-olds more often than by men and under-30-year-olds. Seven percent of the all respondents knew at least something about one of the two types. Eleven percent could name one characteristic of diabetes, but without assigning this to one of the types.

However, the majority (57 %) did not know the difference between type 1 and type 2 diabetes.

Correct answers were given by (open query)

| | Total | East West | Men Women | 18 – 29 Years 30 – 44 Years 45 – 59 Years 60 Years and Older |
|---|-------|-----------|-----------|--|
| Type 1 diabetes | | | | |
| Type 2 diabetes | | | | |
| Differences between type 1 and type 2 | | | | |
| Other | | | | |
| None of these | | | | |

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2. Causes and risk factors for type 2 diabetes

Forty-three percent of the respondents knew that overweight can be the cause and a risk factor for type 2 diabetes. Twenty-seven percent of the respondents knew that insufficient exercise can be a risk factor or a cause. An unhealthy diet was named by 24 percent, heredity or genetic predisposition was named by 17 percent as a risk factor and/or cause of diabetes. Age, high blood pressure, alcohol and smoking were also named as further causes or risk factors.

Thirty-three percent of the respondents did not know any causes and risk factors for type 2 diabetes.

Causes and risk factors for type 2 diabetes (open query) *

| | Total | East West | Men Women | 18 – 29 Years 30 – 44 Years 45 – 59 Years 60 Years and Older |
|---|-------|-----------|-----------|--|
| Overweight | | | | |
| Insufficient exercise | | | | |
| Diet | | | | |
| Heredity/ genetic predisposition | | | | |
| Age | | | | |
| High blood pressure | | | | |
| Alcohol | | | | |
| Smoking | | | | |
| Stress | | | | |
| Defective pancreas | | | | |
| Cholesterol | | | | |
| Do not know any causes and risk factors | | | | |

*Percentage sum is higher than 100, since it was possible to name more than one cause or risk factor.

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3. Symptoms and signs of type 2 diabetes

The symptoms and signs that were named regarding how one could recognize whether one had diabetes or not were first of all increased thirst (36 %) followed by fatigue (15 %) and dizziness (13 %). Further symptoms and signs that were named regarding how one could recognize whether one had diabetes or not were exhaustion (9 %), muscular weakness (7 %) or nausea (4 %).

Forty-two percent of all respondents could not name any symptoms and signs on the basis of which they themselves could recognize whether they had type 2 diabetes or not.

Symptoms and signs of type 2 diabetes (open query) *

| | Total | East West | Men Women | 18 – 29 Years 30 – 44 Years 45 – 59 Years 60 Years and Older |
|-----------------------------|-------|-----------|-----------|--|
| Increased thirst | | | | |
| Fatigue | | | | |
| Dizziness | | | | |
| Exhaustion | | | | |
| Muscular weakness | | | | |
| Nausea | | | | |
| Itching | | | | |
| Eye problems | | | | |
| Headache | | | | |
| Frequent urge to urinate | | | | |
| High blood pressure | | | | |
| Weight loss | | | | |
| Intense hunger | | | | |
| Muscle cramps | | | | |
| Problems with concentration | | | | |
| Sweating | | | | |
| Poor wound | | | | |

| | | | | |
|---------------------------------------|--|--|--|--|
| healing | | | | |
| Discoloration of urine, sugary taste | | | | |
| Shakiness, trembling | | | | |
| Increased susceptibility to infection | | | | |
| Do not know any symptoms or signs | | | | |

*Percentage sum is higher than 100, since it was possible to name more than one cause or risk factor.

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4. Complications of type 2 diabetes

Thirty-two percent of those surveyed knew that type 2 diabetes can lead to eye diseases or blindness. Twenty-two percent named diabetic foot syndrome as a complication, and 16 percent named cardiovascular diseases. Fourteen percent knew that type 2 diabetes can lead to kidney diseases. In addition, the respondents named heart attack, stroke, nerve damage or cardiac insufficiency as possible complications of type 2 diabetes.

Thirty-two percent of those surveyed could not name any complications of type 2 diabetes.

Complications of type 2 diabetes (open query) *

| | Total | East West | Men Women | 18 – 29 Years 30 – 44 Years 45 – 59 Years 60 Years and Older |
|-----------------------------|-------|-----------|-----------|--|
| Eye diseases | | | | |
| Diabetic foot syndrome | | | | |
| Cardiovascular diseases | | | | |
| Kidney diseases | | | | |
| Heart attack | | | | |
| Stroke | | | | |
| Nerve damage | | | | |
| Cardiac insufficiency | | | | |
| Amputations | | | | |
| Circulatory problems | | | | |
| Poor wound healing | | | | |
| Organ damage, organ failure | | | | |
| Vascular diseases | | | | |
| Liver diseases | | | | |
| Damage to the | | | | |

| | | | | |
|-------------------------------|--|--|--|--|
| pancreas | | | | |
| Metabolic diseases | | | | |
| High blood pressure | | | | |
| Do not know any complications | | | | |

*Percentage sum is higher than 100, since it was possible to name more than one complication.

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5. Can diabetes be cured?

Approximately one out of five of those surveyed (18 %) believed that type 2 diabetes could be cured. Two-thirds (68 %) of all respondents knew that type 2 diabetes cannot be cured.

Those who think that diabetes can be cured ... (open query) *

Yes

%

No

%

Total 18 68

East 20 68

West 17 68

Men 17 64

Women 18 72

18 to 29-year olds 22 68

30 to 44-year-olds 15 71

45 to 59 year olds 18 64

60 years and older 17 69

* "Don't know" = the remainder (100% minus the given percentages)

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