



Texas Diabetes Fact Sheet, 2007

I. 2006 Diabetes Prevalence

Prevalence of Diagnosed¹ Diabetes in Persons 18 and Older

An estimated 1.4 million persons aged eighteen years and older in Texas (8.0% of this age group) have been diagnosed with diabetes. Nationwide, 18.3 million persons eighteen years of age and older have been diagnosed with diabetes (8.1% of this age group).

Prevalence of Undiagnosed² Diabetes in Persons 18 and Older

Another estimated 409,839 persons aged eighteen years and older in Texas are believed to have undiagnosed diabetes (based on 1999-2000 NHANES age-adjusted prevalence estimate of 2.5% of persons twenty years of age and older). The total for both diagnosed and undiagnosed diabetes is 1,8.

Prevalence of Diagnosed¹ Diabetes by Sex in Persons 18 and Older

Male.....678,409(8.0%)
Female.....681,144(7.9%)

Prevalence of Diagnosed¹ Diabetes by Race/Ethnicity in Persons 18 and Older

White, non-Hispanic.....694,397(7.8%)
Black, non-Hispanic.....193,270(10.3%)
Hispanic.....449,148 (8.0%)
Other..... 37,204(5.3%)

Prevalence of Diagnosed¹ Diabetes by Race/Ethnicity and Age Group in Persons 18 and Older

Age Group	White, non-Hispanic	Black, non-Hispanic	Hispanic	Other
18 - 44	2.2%	2.8%	2.7%	0.6%
45 - 64	10.6%	16.7%	20.4%	11.2%
65+	16.5%	32.8%	28.4%	**
Overall	7.8%	10.3%	8.0%	5.3%

**Sample size too small to report a reliable estimate (n<20).

Prevalence of Diagnosed¹ Diabetes by Age Group in Persons 18 and Older

18-29 Years.....0.9%
30-44 Years.....3.5%
45-64 Years.....12.8%
65+.....19.4%

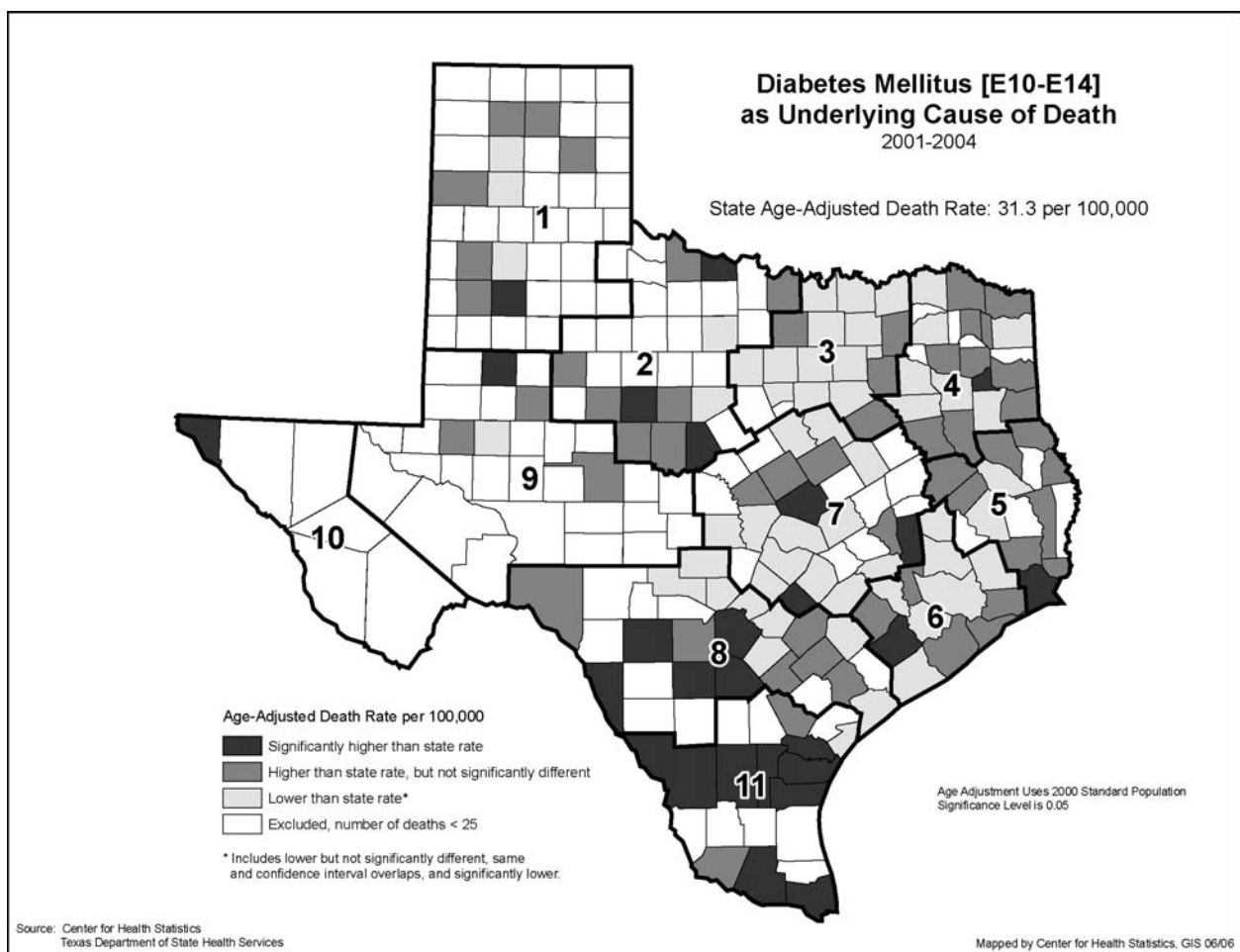
Prevalence of Diagnosed¹ Diabetes by Educational Level in Persons 18 and Older

No High School Diploma.....	14.7%
High School Graduate.....	7.3%
Some College.....	7.5%
College +.....	5.6%

II. Diabetes Mortality³

Deaths Among Persons with Diabetes

Diabetes was the sixth leading cause of death in Texas in 2002 through 2004. In 2004, **5,426** deaths were directly attributed to diabetes. Diabetes was also the sixth leading cause of death nationally in 2002 through 2004. Diabetes is believed to be under-reported on death certificates in Texas and the nation, both as a condition and as a cause of death.



The map above shows the age-adjusted mortality rates per 100,000 persons for Texas by county for the years 2001 through 2004, with diabetes as the underlying cause of death. The state rate for the four years is **31.3 per 100,000**. More of the counties in Health Service Regions 8 and 11 fall into the “significantly higher than state rate” and “higher than state rate, but not significantly different” categories. Many counties along the eastern part of our state fall into the “higher than state rate, but not significantly different” category.

Diabetes Mortality³ Rate (Per 100,000) by Race/Ethnicity, Texas, 2004

The 2004 diabetes mortality rate for Texas was 30 per 100,000. Mortality rates for each race/ethnicity were applied to the 2004 population by race/ethnicity. **Of persons who have diabetes, in 2004:**

- 30 per 100,000 were likely to die from it.
- 23 per 100,000 whites (non-Hispanic) were likely to die from it.
- 52 per 100,000 blacks (non-Hispanic) were likely to die from it.
- 47 per 100,000 Hispanics were likely to die from it.
- 17 per 100,000 persons who fall in the “Other” category were likely to die from it.

The 2004 mortality rates (per 100,000) for blacks (non-Hispanic) and Hispanics were more than double that of whites (non-Hispanic).

III. Diabetes in Persons Less than 18 Years of Age

Diabetes in childhood is mainly type 1, an autoimmune disorder that destroys insulin-producing cells, requiring multiple daily insulin injections or a pump. About one in every 400 to 600 Texas children and adolescents has type 1 diabetes. It is the second most prevalent chronic disease of childhood (after asthma).

It is important to note that the incidence of type 2 diabetes in persons less than 18 years of age has been increasing in recent years. However, representative data that would be needed to monitor diabetes trends in youth by type are not available for Texas or the nation.

¹ Source: 2005 Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, for persons who are eighteen years of age and older. Data include both type 1 and type 2 diabetes. Persons with diabetes include those who report that they have been told by a doctor that they have diabetes. Women who report diabetes only during pregnancy are not included in prevalence. Prevalence data for 2006 will be available in fall of 2007 (Prevalence data are available for the year prior to the current year).

² Persons 20 years of age and older. Centers for Disease Control and Prevention. Prevalence of Diabetes and Impaired Fasting Glucose in Adults, United States, 1999-2000. MMWR. September 5, 2003; 52(35);833-837.

³ Texas Department of State Health Services, Texas Vital Statistics. Data include male and female, and all ages. Data are provisional.