



What is Diabetes?

Diabetes occurs due to a build-up of sugar in the blood when the body cannot affectively make or use insulin to process the sugar. Type 2 diabetes it the most common form of diabetes, and is often caused by factors such as intake of highly-processed food, excessive consumption of sugar-sweetened beverages, and excess body fat.¹

Why Does it Matter?

More than 2 million people in Texas have diabetes, and about 180,000 new people are diagnosed with it each year. People with diabetes have more than double the medical expenses of those without diabetes.² Uncontrolled diabetes often leads to devastating complications such as blindness, kidney failure, and lower-limb amputations.³

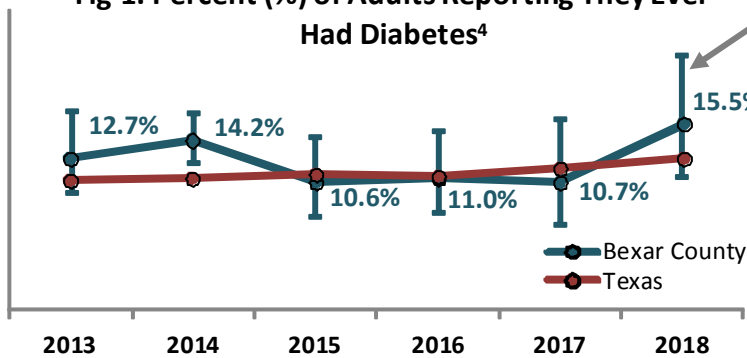
Bexar County Key Points:

- * Those with lower income and education levels are more likely to report they have diabetes.
- * Non-Hispanic (NH) Blacks have higher rates of diabetes hospitalization than NH-Whites and Hispanics.
- * Hispanics are hospitalized for diabetic amputations more than NH Blacks and NH Whites.
- * Men in Bexar County have higher rates of Diabetes and Diabetic amputation hospitalizations compared with women
- * Diabetic amputations rates in Bexar County have consistently and significantly been higher than the overall rate in Texas.

The prevalence of diabetes in Bexar County has remained between 10-15% over the past few years.

This is similar to the percentage when looking at Texas overall (Fig 1).

Fig 1. Percent (%) of Adults Reporting They Ever Had Diabetes⁴



What are these?

Bars shown around each percentage dot are 'error bars' or 'confidence intervals'. These indicate how much 'uncertainty' we have about a data point. If data is based on a small number of people, precision will be lower, and the length of the will be longer.

E.g. We estimate that 15.5% of Bexar county residents had obesity in 2018, but the real amount could be anywhere between 11% and 20%.

The prevalence of diabetes differs according to education and income status.

Both data from Texas overall (Fig 2) and Bexar County (Fig 3) reveal that those who have lower income or education are more likely to report having diabetes. In 2018, 27.2% of Bexar County survey responders with <\$25,000 income reported they have diabetes, compared to only 8.1% of those with >\$50,000 income (Fig 3).

Fig 2. Percent (%) of Adults Reporting they ever had Diabetes, by Education Status, Texas 2018⁴

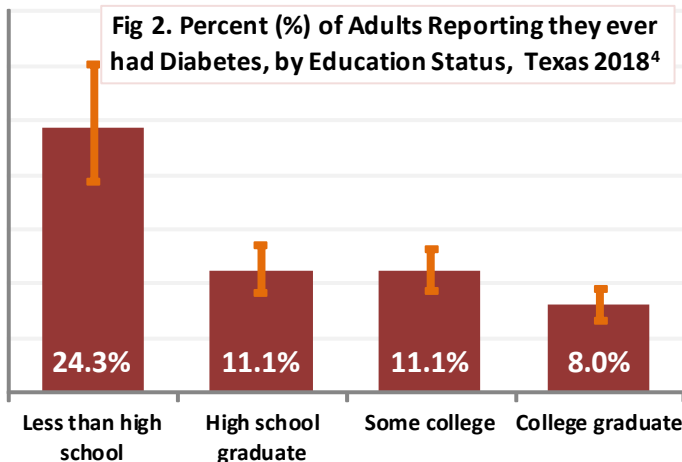
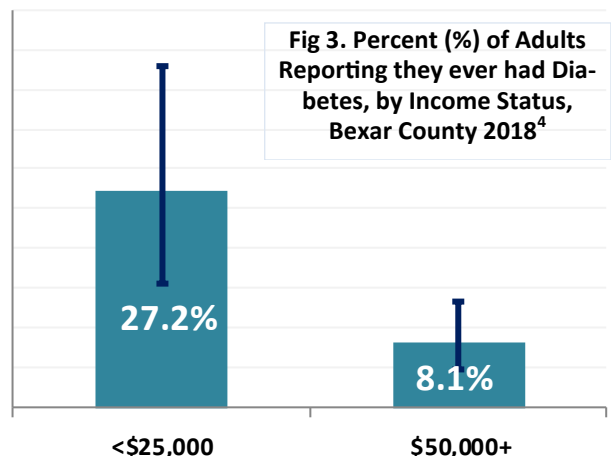


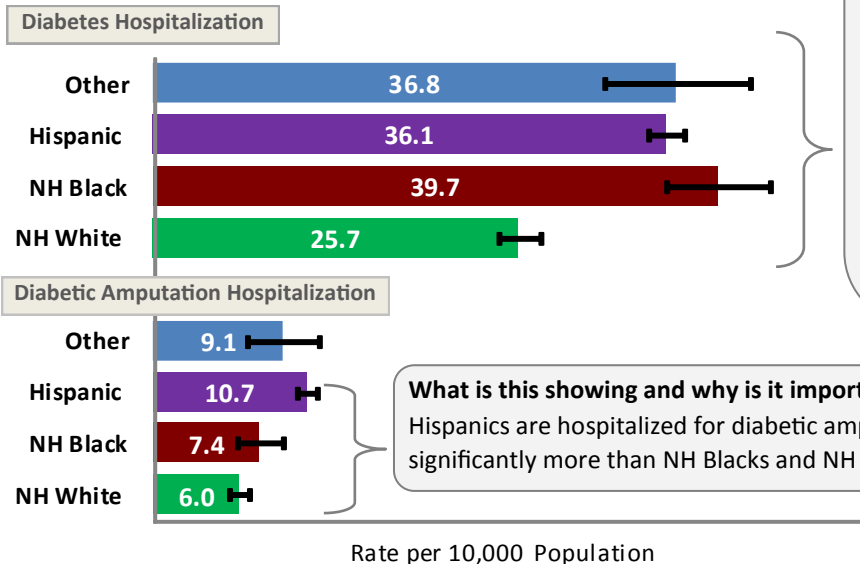
Fig 3. Percent (%) of Adults Reporting they ever had Diabetes, by Income Status, Bexar County 2018⁴



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Diabetes and Diabetic Amputation Hospitalization Rates differ by Race/Ethnicity and Sex/Gender.

Fig 4. Adult Hospitalization Rates by Race/Ethnicity, Bexar County, 2017⁵



What is this showing and why is it important?

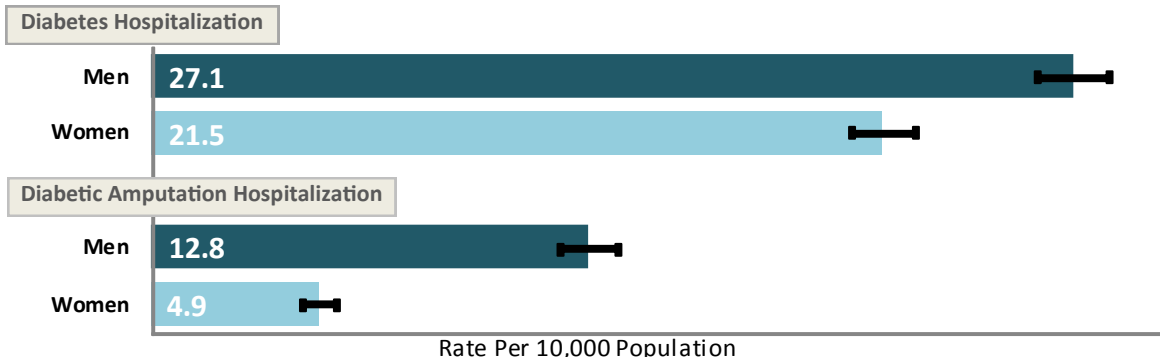
The graph shows that the rate of diabetic hospitalization is significantly higher for NH Blacks, Hispanics, and those categorized as 'Other', in comparison to NH Whites.

The fact that the error bar (I—I) for the NH White rate does not overlap with any of the error bars for the other race group means that what the data is showing us is statistically significant and not due to chance: NH Whites are hospitalized for diabetes significantly less.

What is this showing and why is it important?

Hispanics are hospitalized for diabetic amputations significantly more than NH Blacks and NH Whites.

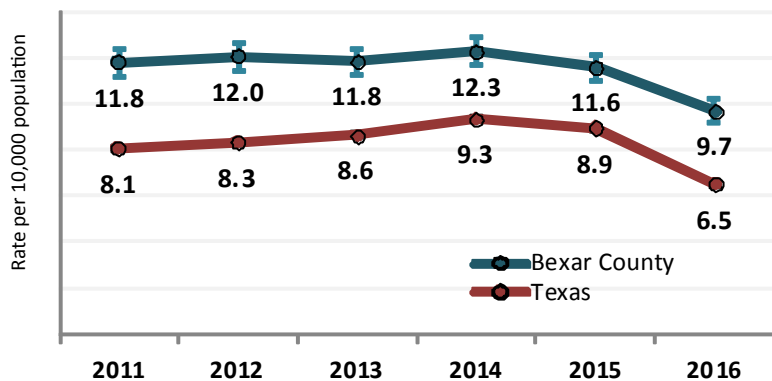
Fig 5. Adult Hospitalization Rates by Sex/Gender, Bexar County 2017⁵



Men in Bexar County have significantly higher rates of Diabetes and Diabetic amputation hospitalizations compared with women (Fig 5).

Diabetic Amputation Rates in Bexar County have Consistently been Higher than in Texas Overall.

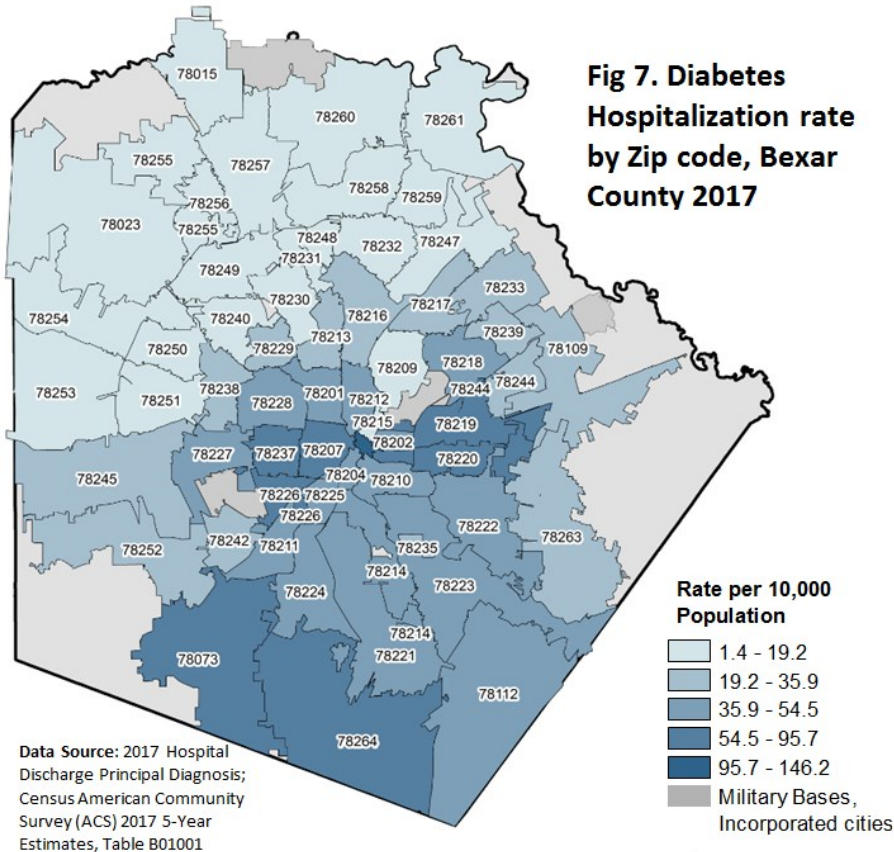
Fig 6. Diabetic Amputation Hospitalization Rates Over Time⁵



Over the last several years, the rate of diabetic amputations in Bexar County has consistently and significantly been higher than the overall rate in Texas (Fig 6).

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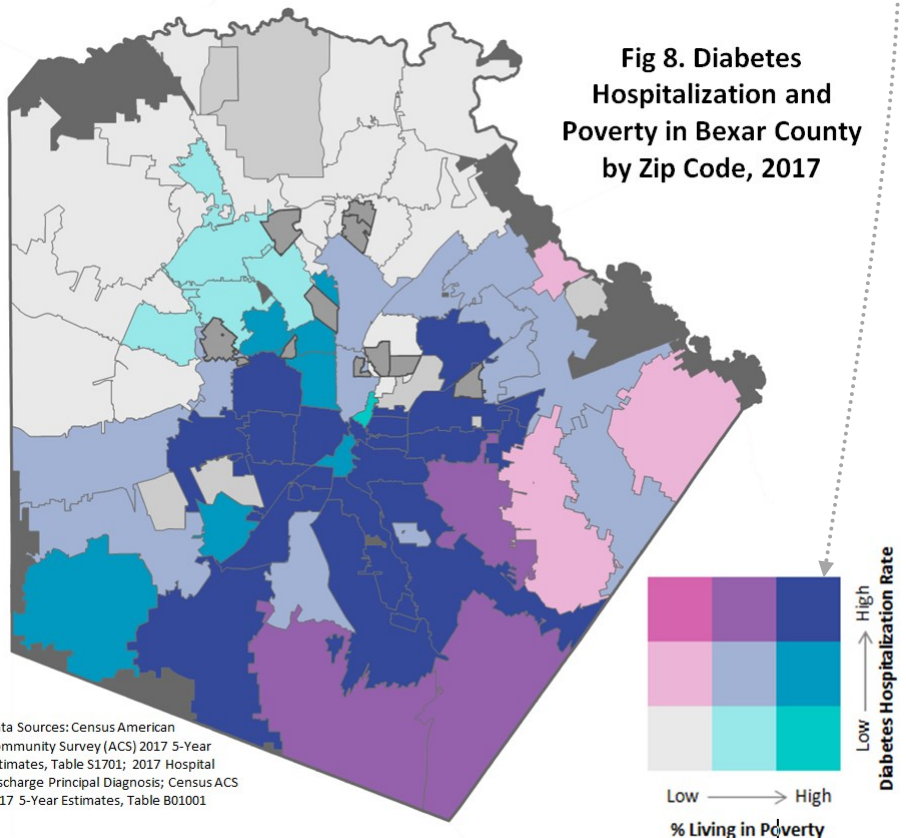
Diabetes Hospitalization rates differ by zip code of residence. Zip codes in the northwest of Bexar County generally have much lower rates than zip codes in the center and in the south of the county.



What are these maps showing and why is it important?

The map in Fig 7 shows that those living in southern Bexar county are hospitalized for diabetes at a much higher rate than those in the north. In particular, certain zip codes right in the center and south have the highest relative rate.

The map in Fig 8 adds another layer of data: level of poverty. Those zip codes in Fig 7 that showed the highest diabetes rate also happen to be zip codes with the highest levels of poverty. These are shown in dark navy below, and include zip codes 78207, 78237, and 78073, among others.



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References: **1.** Ley et al. *Diabetes in America, 3rd Edition.* National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) **2.** American Diabetes Association: *The Burden of Diabetes in Texas* **3.** American Diabetes Association: *The Impact of Diabetes Mellitus in the United States* **4.** Behavioral Risk Factor Surveillance System Survey Data, Centers for Disease Control and Prevention. **5.** Texas Hospital Inpatient Discharge Public Use Data Files, Texas Department of State Health Services.

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