TARRANT COUNTY PUBLIC HEALTH

DATA BRIEF

PREDIABETES AND DIABETES

PREDIABETES is a serious health condition where blood sugar levels are higher than normal, but not enough to be diagnosed as diabetes

- Most people with prediabetes do not know they have it
- Prediabetes increases the risk of diabetes, heart disease, and stroke
- Prediabetes can often be prevented or reversed through lifestyle changes such as healthier eating and increased physical activity

DIABETES is a chronic (long-lasting) health condition that occurs when the body cannot produce enough insulin or cannot use insulin as well as it should

- This leads to high levels of blood sugar in the bloodstream
- Over time, high blood sugar can cause serious health problems such as heart disease, vision loss, and kidney disease
- There are three types of diabetes: Type 1, Type 2, and Gestational

Types of Diabetes

Type 1	Type 2	Gestational
• Lack of insulin • Autoimmune • Usually diagnosed in children, teens, and young adults, but can develop at any age	• Insulin resistance • Lifestyle factors • Usually adults but seeing an increase in children and teens	• Insulin resistance during pregnancy • Risk to mother and child • Occurs in 1 out of 14 pregnancies in Tarrant County

- The prevalence of ***prediabetes increased significantly*** among Tarrant County adults aged 18 years and older from ***2015 to 2024*** (Figure 1)
- Among Tarrant County adults in 2024 (Figure 2):
  - ***Prediabetes*** was ***higher*** compared to ***diabetes*** across all demographic groups
  - There were ***no significant differences*** in the prevalence of ***prediabetes*** or ***diabetes*** by ***gender*** or by ***race/ethnicity***
  - ***Prediabetes*** and ***diabetes increased significantly*** as age increased

Figure 1. Prevalence of prediabetes and diabetes among Tarrant County adults aged 18 years and older, 2015-2024†

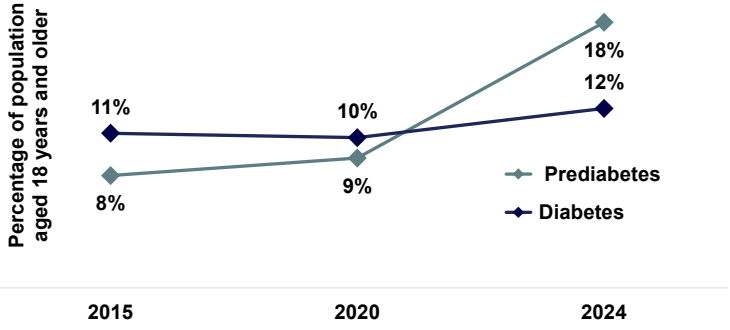
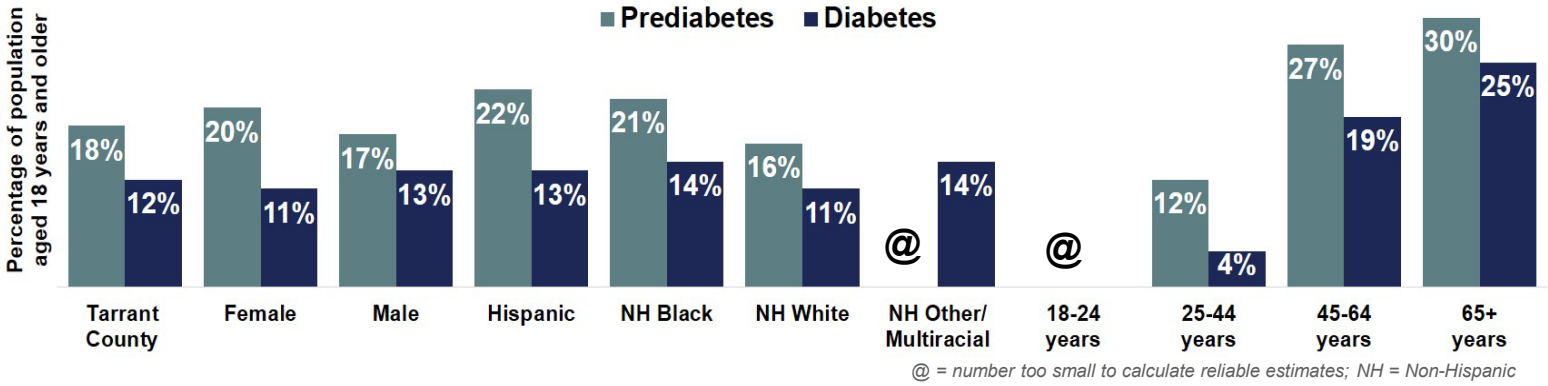


Figure 2. Prevalence of prediabetes and diabetes among Tarrant County adults aged 18 years and older, 2024†



@ = number too small to calculate reliable estimates; NH = Non-Hispanic

† *Includes type 1 and type 2 diabetes – does not include gestational diabetes*

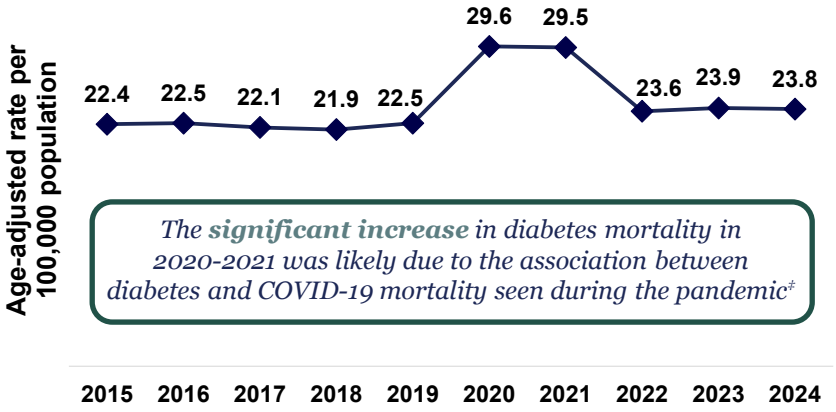
All significant differences detected at the 95% confidence level

Data sources: Centers for Disease Control and Prevention; Tarrant County Behavioral Risk Factor Surveillance System; Data Brief provided by: Statistical Analysis Team

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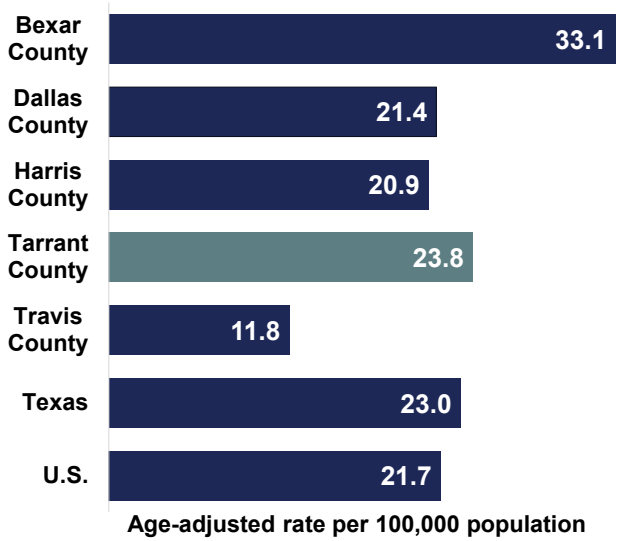
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Figure 3. Diabetes mortality rates among Tarrant County residents, 2015 - 2024



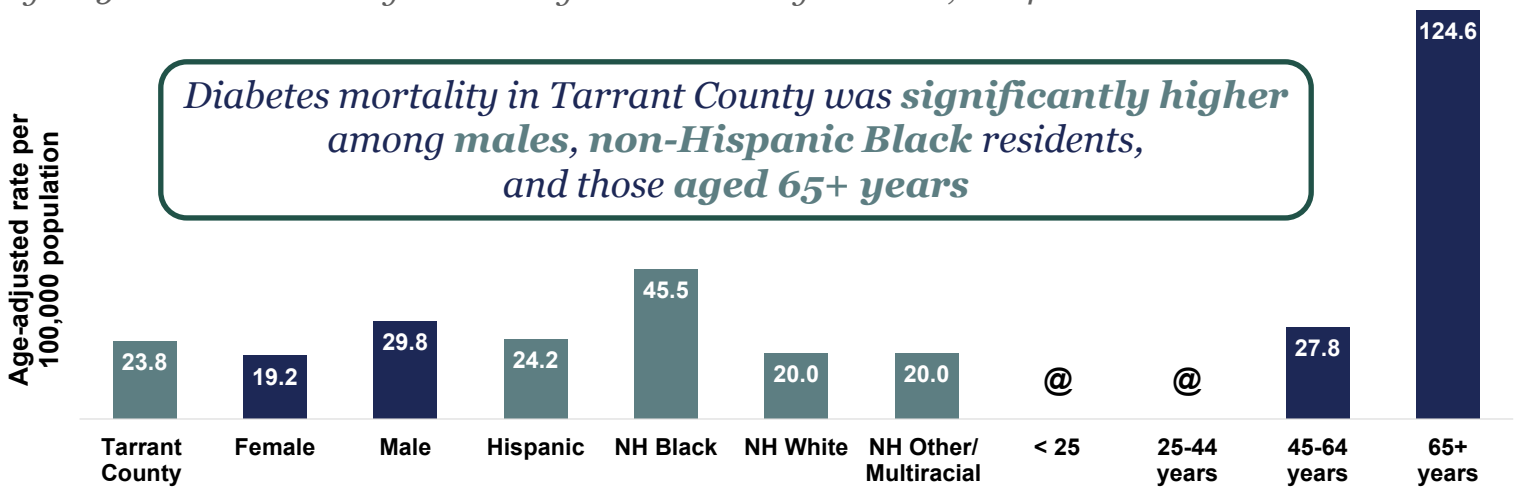
‡Lv F, Gao X, Huang A et al. Excess diabetes mellitus-related deaths during the COVID-19 pandemic in the United States; eClinicalMedicine, 2022; 54

Figure 4. Diabetes mortality rate among selected geographic areas, 2024



*Diabetes mortality in Tarrant County was **significantly higher** compared to Travis County and **significantly lower** compared to Bexar County (Figure 4)*

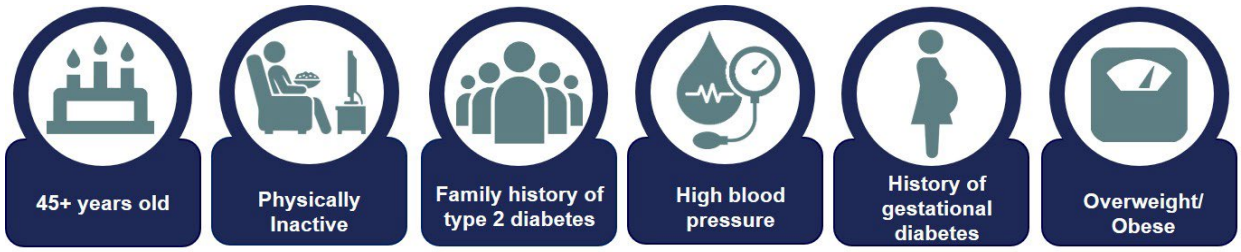
Figure 5. Diabetes mortality rate among Tarrant County residents, 2024



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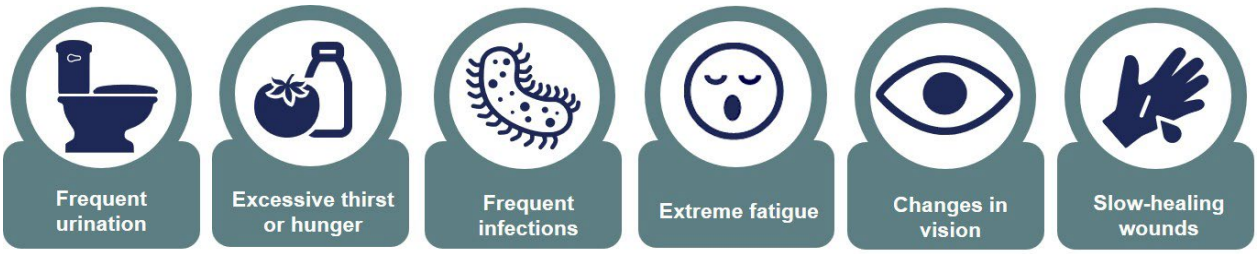
All significant differences detected at the 95% confidence level
Data sources: Centers for Disease Control and Prevention
Data Brief provided by: Statistical Analysis Team

Who is at risk for PREDIABETES or TYPE 2 DIABETES?

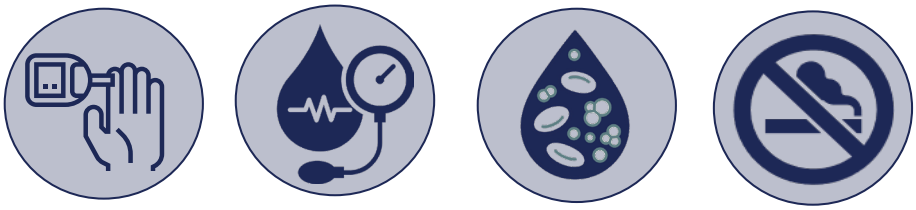


African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk

What are the symptoms of DIABETES?



Ways to prevent or delay DIABETES
Manage your ABCs



Have a regular *A1C test** | **Manage your *Blood Pressure*** | **Manage your *Cholesterol Levels*** | ***Stop Smoking***

Among Tarrant County adults with Diabetes

- ***8% did not have a blood sugar test (A1C) done by a health professional within the past year***
- ***8% did not have a foot examination by a health professional within the past year***
- ***22% did not have a dilated eye exam within the past year***
- ***43% have never taken a diabetes self-management class***

Resources and Support

- ***American Diabetes Association*** [diabetes.org]
- ***Centers for Disease Control and Prevention*** [cdc.gov/diabetes/index.html]
- ***Tarrant County Public Health*** [tarrantcountytx.gov/en/public-health.html]
  Health for me: Self-management class for persons with diabetes, obesity, hypertension, and other chronic conditions
- ***Texas Diabetes Prevention and Control Program*** [dshs.texas.gov/diabetes]

*Talk with your doctor when and how often you should have a regular A1C test to measure your average blood sugar; Data sources: American Diabetes Association; Centers for Disease Control and Prevention; Tarrant County Behavioral Risk Factor Surveillance System, 2024
Data Brief provided by: Statistical Analysis Team

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