In 2014, 14.2% of Bexar County adults had been diagnosed with diabetes (type 1 or type 2), which is higher than Texas (10.6%) and much higher than the national average (9.3%). It is projected that the number of Americans with diabetes will double or triple by 2050 if current trends continue. Yet, persons at high-risk for diabetes can delay or avoid developing type 2 diabetes by losing weight through regular physical activity and a diet low in fat and calories. The time to act is now!

Diabetes prevalence did not differ significantly between adult males and females.

<table>
<thead>
<tr>
<th>Age Range</th>
<th>% of Adults with Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-29</td>
<td>1%</td>
</tr>
<tr>
<td>30-44</td>
<td>6%</td>
</tr>
<tr>
<td>45-64</td>
<td>22%</td>
</tr>
<tr>
<td>65+</td>
<td>33%</td>
</tr>
</tbody>
</table>

People 45+ are more likely to develop diabetes.
% OF ADULTS WITH DIABETES • BY INCOME

- $25k OR LESS: 24%
- $25k - $49k: 9%
- $50k OR MORE: 8%

PEOPLE WITH AN ANNUAL INCOME BELOW $25,000 ARE MORE LIKELY TO HAVE DIABETES

% OF ADULTS WITH DIABETES • BY ETHNICITY

- HISPANIC: 15%
- NON-HISPANIC BLACK: 15%
- NON-HISPANIC WHITE: 12%

DIABETES AFFECTS HISPANICS AND NON-HISPANIC BLACKS AT A SLIGHTLY HIGHER LEVEL THAN NON-HISPANIC WHITES

% OF ADULTS WITH DIABETES • BY EDUCATION

Lower education levels are linked to a higher risk of diabetes, especially among those that have not graduated from high school. College graduates are the least likely to suffer from the disease.

- SOME HIGH SCHOOL: 24%
- HIGH SCHOOL GRADUATE: 14%
- SOME COLLEGE: 13%
- COLLEGE GRADUATE: 9%
# of Diabetic Amputations in Bexar County • By Year

- 2012: 1,758
- 2013: 1,770
- 2014: 1,909

The number of amputations increased dramatically in 2014 compared to the prior two years.

Consequences of Diabetes

People who have diabetes are at a higher risk of serious health complications, such as:

- Kidney Failure
- Blindness
- Stroke
- Heart Disease
- Loss of toes, feet or legs

Having diabetes nearly doubles the chance of having a heart attack.

1 out of every 8 Bexar County adults has been told by a doctor that they have prediabetes or borderline diabetes.

9 out of every 10 people with prediabetes in the U.S. do not know they have it.

Normal • Prediabetes • Diabetes

Ocurs when blood sugar levels are higher than normal but not high enough to be classified as type 2 diabetes.

April 2016 • Chronic Disease Prevention Program
BE A CHAMPION FOR WELLNESS!

PREVENT OR DELAY TYPE 2 DIABETES BY:

- LOSING WEIGHT
- EATING HEALTHY
- BEING MORE ACTIVE

ABOUT 80% OF PEOPLE WITH TYPE 2 DIABETES ARE OVERWEIGHT OR OBESE. 8

WITHOUT WEIGHT LOSS AND MODERATE PHYSICAL ACTIVITY, UP TO 30% OF PEOPLE WITH PREDIABETES WILL DEVELOP TYPE 2 DIABETES WITHIN FIVE YEARS. 5

HELP IN THE COMMUNITY

DIABETES MANAGEMENT
Metro Health (210) 207-8802
www.DiabetesHelpSA.com

Living with Diabetes? Metro Health provides FREE workshops to help individuals better manage diabetes on a daily basis and prevent or delay complications.

DIABETES PREVENTION
Y-Living Center (210) 924-8858
www.DiabetesHelpSA.com

The YMCA’s Diabetes Prevention Program helps adults with prediabetes reduce their risk of developing type 2 diabetes by adopting a healthy lifestyle.

AMERICAN DIABETES ASSOCIATION (ADA)
San Antonio Local Office (210) 829-1765
www.diabetes.org/sanantonio

The leading organization for diabetes education, research and advocacy. The ADA office in San Antonio offers local programs and events for people living with diabetes, their friends and family.

DATA SOURCES

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2 http://www.cdc.gov/diabetes/data/index.html
3 http://www.cdc.gov/media/pressrel/2010/1010022.html
4 http://www.niddk.nih.gov/About-NIDDK/research-areas/diabetes/diabetes-prevention-program-dpp/Pages/default.aspx
5 http://www.cdc.gov/diabetes/library/socialmedia/infographics.html
6 http://www.diabetes.org/diabetes-basics/myths/Diabetes.org
7 TX Department of State Health Services, Center for Health Statistics: Texas Hospital Inpatient Discharge Public Use Data File.
8 http://www.niddk.nih.gov/health-information/health-topics/weight-control/health_risks_being_overweight/Pages/health-risks-being-overweight.aspx