

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



DIABETES IN TARRANT COUNTY

DIABETES MELLITUS is a chronic health condition that occurs when the body cannot produce enough insulin or cannot respond appropriately to insulin. Insulin is a hormone that the body needs to absorb and use glucose (sugar) as fuel for the body's cells. Without a properly functioning insulin system, blood glucose levels become elevated and other metabolic abnormalities occur, leading to the development of serious, disabling complications such as heart disease, vision loss, and kidney disease.

PREDIABETES is a serious health condition where blood sugar levels are higher than normal, but not high enough yet 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.

10% & 9%
Tarrant County adults diagnosed with **diabetes & prediabetes**

Types of Diabetes	Type 1	Type 2	Gestational
	<ul style="list-style-type: none"> Lack of insulin Autoimmune Usually diagnosed in children, teens, young adults, but can develop at any age 	<ul style="list-style-type: none"> Insulin resistance Lifestyle factors Usually adults but seeing an increase in children and teens 	<ul style="list-style-type: none"> Insulin resistance during pregnancy Risk to mother and child 1 out of 20 pregnancies in Tarrant County are affected by gestational diabetes

Demographic	Proportion of Tarrant County Adults	
	Prediabetes	Diabetes Mellitus ¹
Female	9%	10%
Male	9%	11%
Hispanic	8%	9%
Non-Hispanic Black	Not Available	14%
Non-Hispanic White	8%	11%
Other/Multiracial	Not Available	Not Available
All Adults	9%	10%

Figure 1. Diabetes mellitus mortality among Tarrant County residents, 2011-2020

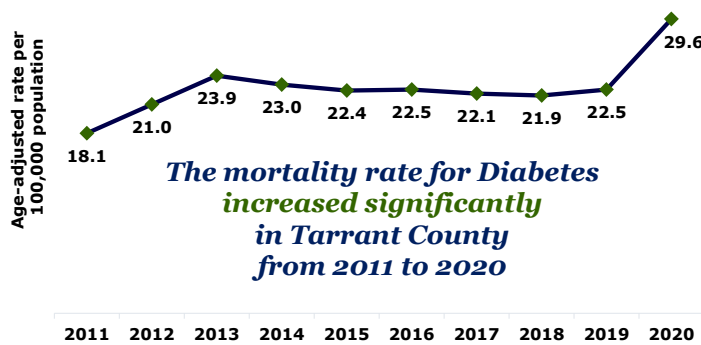


Figure 3. Diabetes mellitus mortality among Tarrant County residents by selected demographics, 2020

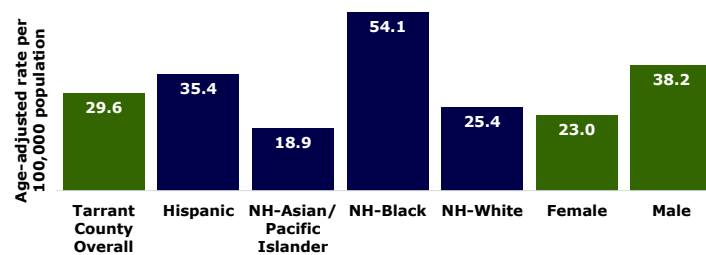
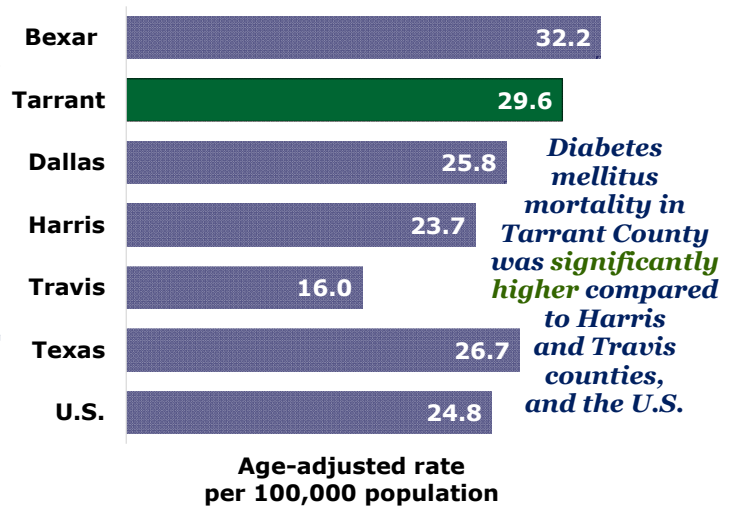


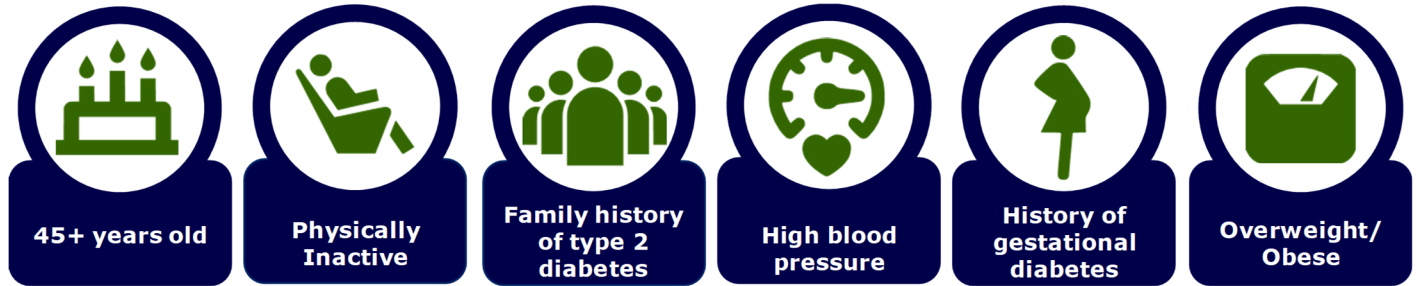
Figure 2. Diabetes mellitus mortality among selected geographic areas, 2020



Diabetes mellitus mortality in Tarrant County was significantly higher among males compared to females and among non-Hispanic blacks compared to all other race/ethnicity groups

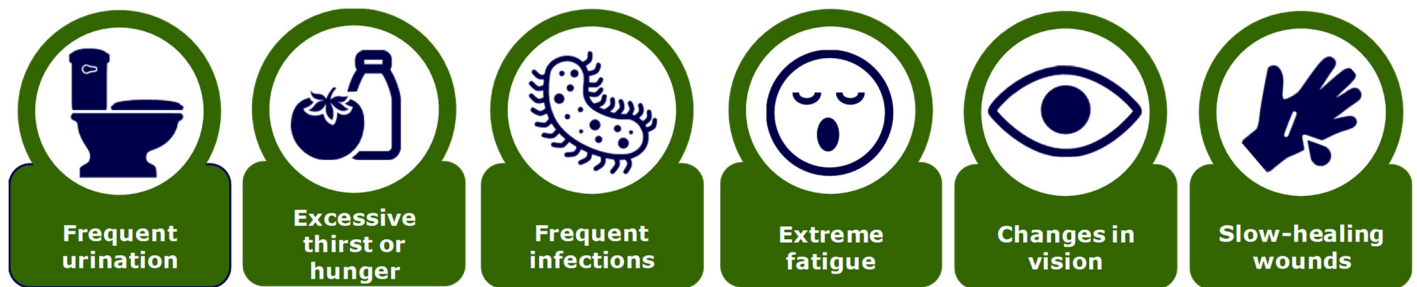
¹Includes type 1 and type 2 diabetes - does not include gestational diabetes; All significant differences detected at the 95% confidence level; Data sources: American Diabetes Association; Centers for Disease Control and Prevention; Tarrant County Behavioral Risk Factor Surveillance System, 2020
Data Brief provided by: Division of Epidemiology and Health Information

WHO'S 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?



Prediabetes has no clear symptoms, therefore it is important to be aware of the risk factors for diabetes and manage activity levels, blood pressure, and weight

Talk with your doctor about when and how often you should have your blood sugar tested

Among Tarrant County adults with diabetes:

- **8%** did not have a blood sugar test (A1C) done by a health professional within the past year
- **21%** did not have a foot examination by a health professional within the past year
- **21%** did not have a dilated eye exam within the past year
- **49%** have never taken a diabetes self-management class

Resources and support:

- **Tarrant County Public Health** [health.tarrantcounty.com]
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/txdiabetes]
- **American Diabetes Association** [diabetes.org]
- **Centers for Disease Control and Prevention** [cdc.gov/diabetes]