



DIABETES IN BEXAR COUNTY • 2014

In 2014, 14.2% of Bexar County adults had been diagnosed with diabetes (type 1 or type 2)¹, which is higher than Texas (10.6%) and much higher than the national average (9.3%).² It is projected that the number of Americans with diabetes will double or triple by 2050 if current trends continue.³ 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.⁴ **The time to act is now!**

DIABETES HAS STEADILY INCREASED IMPACTING 1 out of every 7 ADULTS



DIABETES PREVALENCE DID NOT DIFFER SIGNIFICANTLY BETWEEN ADULT MALES AND FEMALES



% OF ADULTS WITH DIABETES • BY YEAR



% OF ADULTS WITH DIABETES • BY AGE



PEOPLE 45+ ARE MORE LIKELY TO DEVELOP DIABETES.





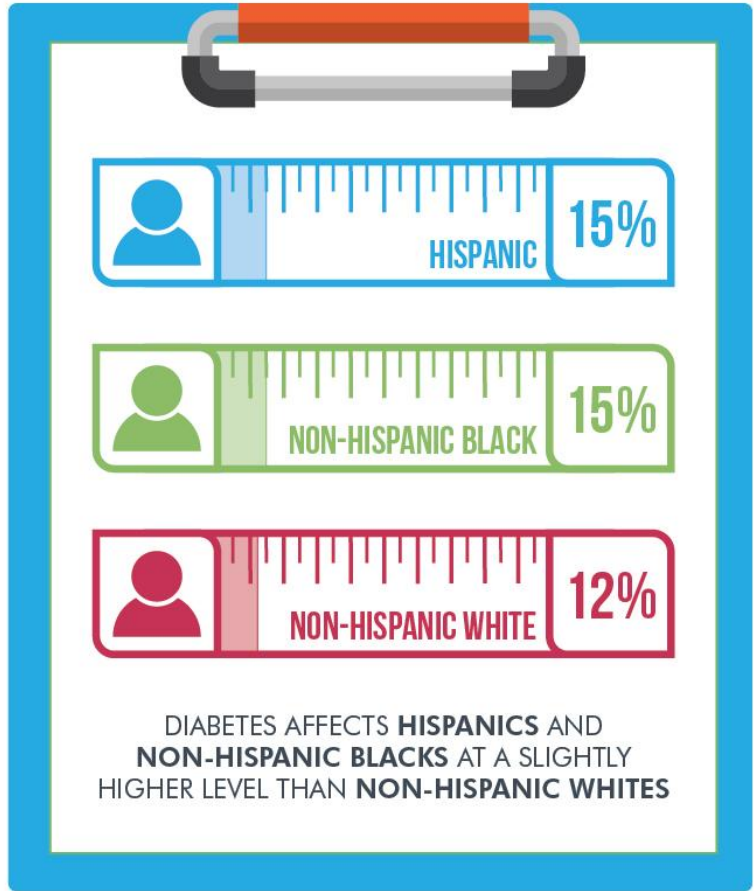
% OF ADULTS WITH DIABETES
• BY INCOME



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

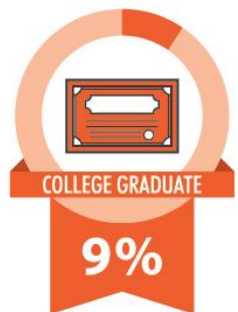
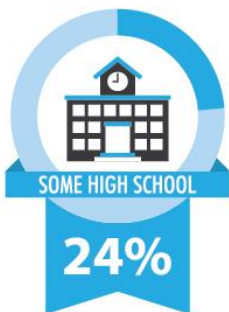


% OF ADULTS WITH DIABETES • BY ETHNICITY



% 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.**





OF DIABETIC AMPUTATIONS
IN BEXAR COUNTY • BY YEAR



THE NUMBER OF AMPUTATIONS
INCREASED DRAMATICALLY IN 2014
COMPARED TO THE PRIOR TWO YEARS⁷

**1 OUT OF EVERY 8
BEXAR COUNTY ADULTS**



HAS BEEN TOLD BY A
DOCTOR THAT THEY HAVE
**PREDIABETES OR
BORDERLINE DIABETES**¹

CONSEQUENCES OF DIABETES

PEOPLE WHO HAVE DIABETES ARE AT A **HIGHER RISK**
OF SERIOUS HEALTH COMPLICATIONS, SUCH AS:



HAVING DIABETES NEARLY **DOUBLES**
THE CHANCE OF HAVING A HEART ATTACK⁶

9 out of every **10 PEOPLE**
WITH PREDIABETES IN THE U.S.
DO NOT KNOW THEY HAVE IT⁵



NORMAL

PREDIABETES

DIABETES

**OCCURS WHEN BLOOD SUGAR LEVELS ARE HIGHER THAN NORMAL
BUT NOT HIGH ENOUGH TO BE CLASSIFIED AS TYPE 2 DIABETES**



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

¹ Center for Health Statistics (CHS), Texas Behavioral Risk Factor Surveillance System Survey Data. Austin, Texas: Texas Department of State Health Services, 2012-2014.

² <http://www.cdc.gov/diabetes/data/index.html> ³ <http://www.cdc.gov/media/pressrel/2010/r101022.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