

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



DIABETES IN TARRANT COUNTY

DIABETES 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.

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 16 pregnancies in Tarrant County are affected by gestational diabetes

Demographic	Proportion of Tarrant County Adults Aged 18 years and Older, 2024*	
	Prediabetes	Diabetes ¹
Female	20%	11%
Male	17%	13%
Hispanic	22%	13%
Non-Hispanic Black	21%	14%
Non-Hispanic White	16%	11%
Other/Multiracial	@	14%
All Adults	18%	12%

@ = number too small to calculate reliable estimates

Figure 2. Diabetes mortality rate among Tarrant County residents, 2013-2022[†]

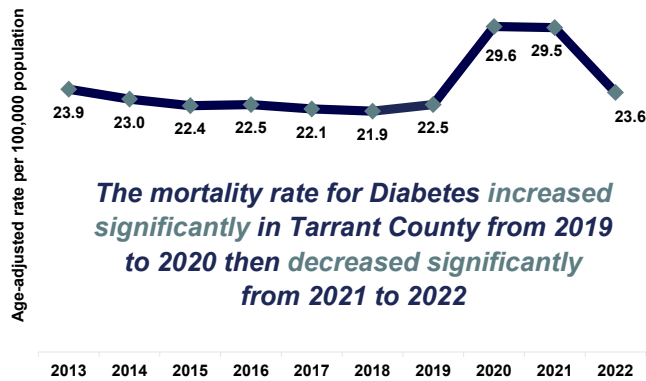
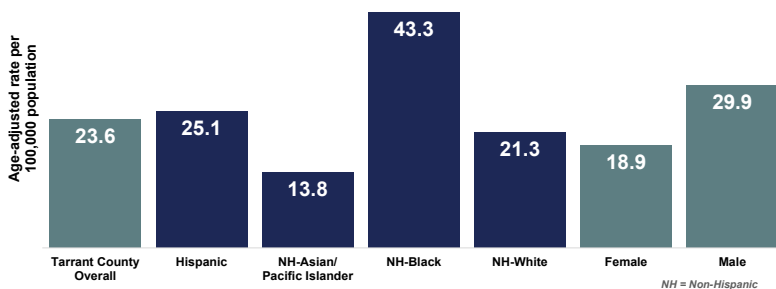


Figure 4. Diabetes mortality rate among Tarrant County residents by selected demographics, 2022[†]



¹Includes type 1 and type 2 diabetes - does not include gestational diabetes; All significant differences detected at the 95% confidence level; Mortality rate = Number of deaths per 100,000 population, age-adjusted to the 2000 U.S. standard population. Data sources: American Diabetes Association; [†]Centers for Disease Control and Prevention; Texas Department of State Health Services; *Tarrant County Behavioral Risk Factor Surveillance System; Data Brief provided by: Office of Data & Health Informatics

Figure 1. Prevalence of Prediabetes and Diabetes among Tarrant County adults aged 18 years and older, 2015-2024*

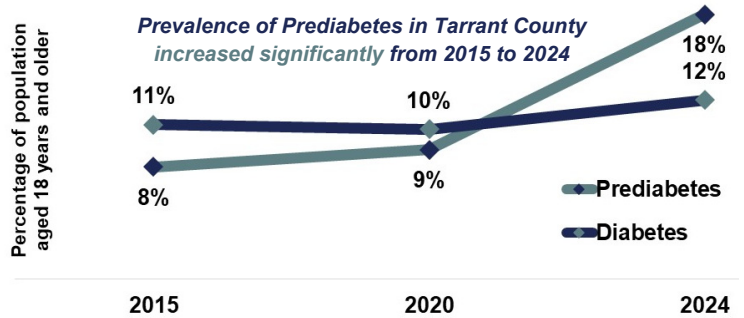
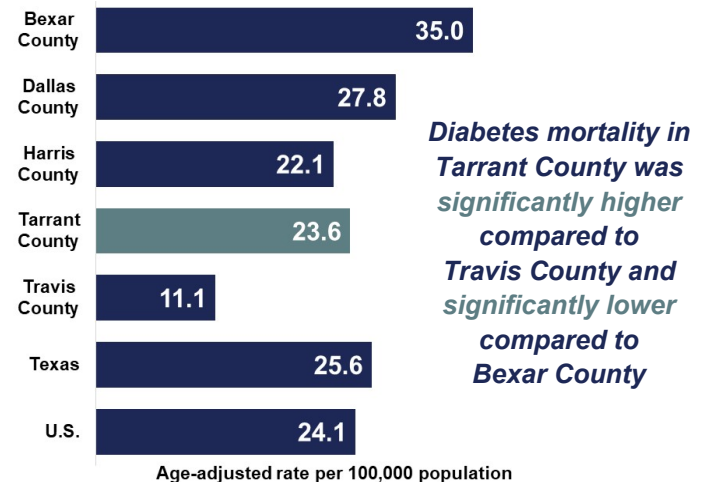
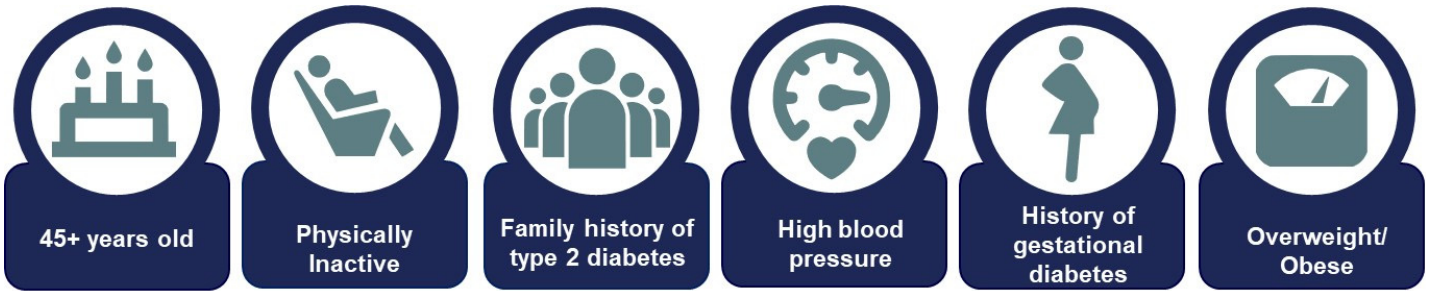


Figure 3. Diabetes mortality rate among selected geographic areas, 2022[†]



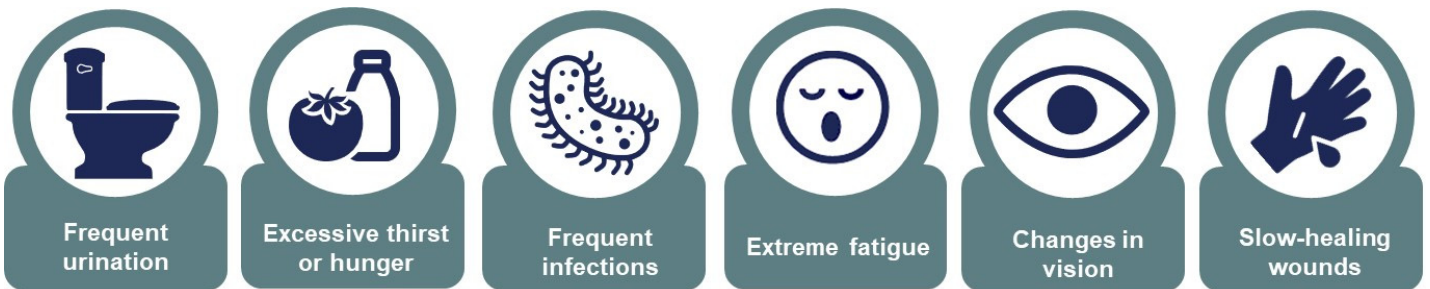
For every 100,000 non-Hispanic black residents in Tarrant County in 2022, **43** of them died from diabetes. This rate was significantly higher compared to all other race/ethnicity groups. Diabetes mortality was also significantly higher for males than females.

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



<p>Among Tarrant County adults with Diabetes:</p> <ul style="list-style-type: none"> • 8% did not have a blood sugar test (A1C) done by a health professional within the past year • 18% 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 	<p>Resources and Support</p> <ul style="list-style-type: none"> • Tarrant County Public Health [tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-for-me.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] • Centers for Disease Control and Prevention [cdc.gov/diabetes/index.html] • American Diabetes Association [diabetes.org]
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*Talk with your doctor about 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: Office of Data & Health Informatics