



HOUSTON HEALTH
DEPARTMENT

DIABETES

Prevalence of **DIABETES** among adults (2018-2020)



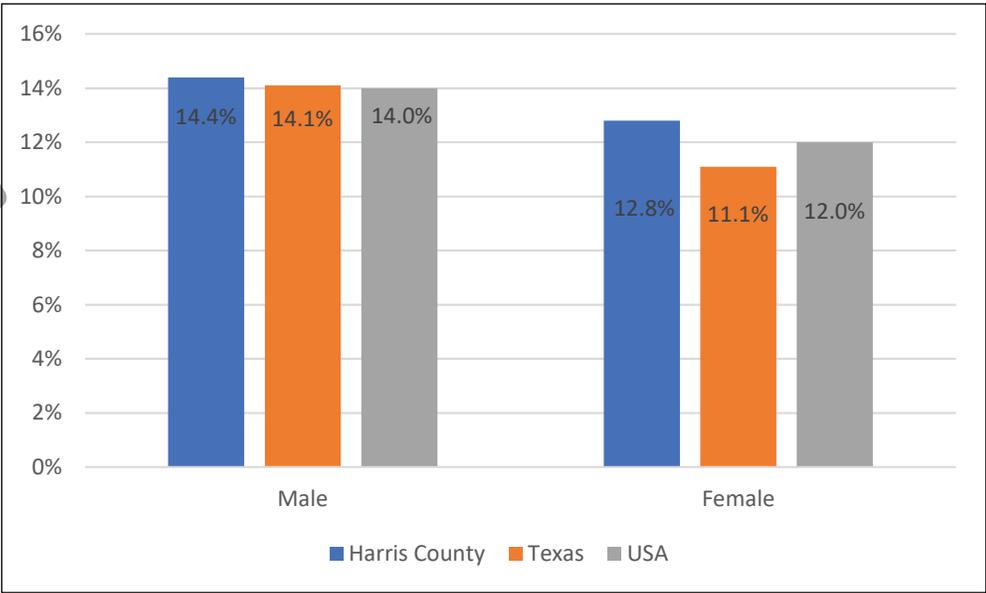
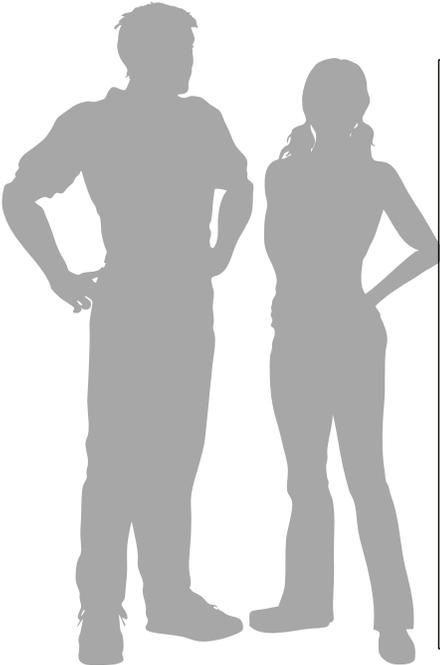
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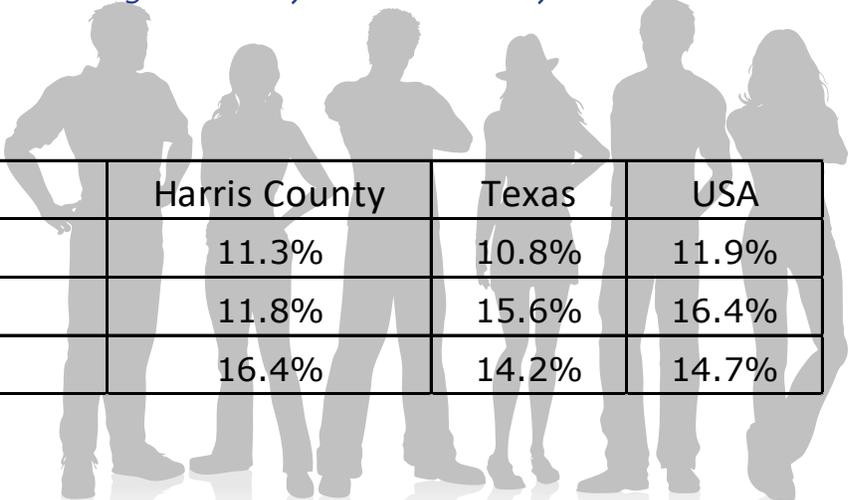
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More than 34 million people in the United States have diabetes. One in three adults have pre-diabetes. People who have diabetes, particularly if their diabetes is untreated, are likely to face complications such as blindness, heart disease, and the loss of limbs. However, with proper lifestyle management and treatment, the risk of these complications can be greatly reduced (since there are things that can be modified through our actions).¹ In addition to personal actions, numerous other factors also affect the prevalence of diabetes, such as fewer opportunities to obtain fresh foods, opportunities to exercise, unavailability of green spaces, unstable housing, pollution, lack of access to preventive healthcare and others.²

Prevalence of diabetes among adults by sex (2018-2020)³

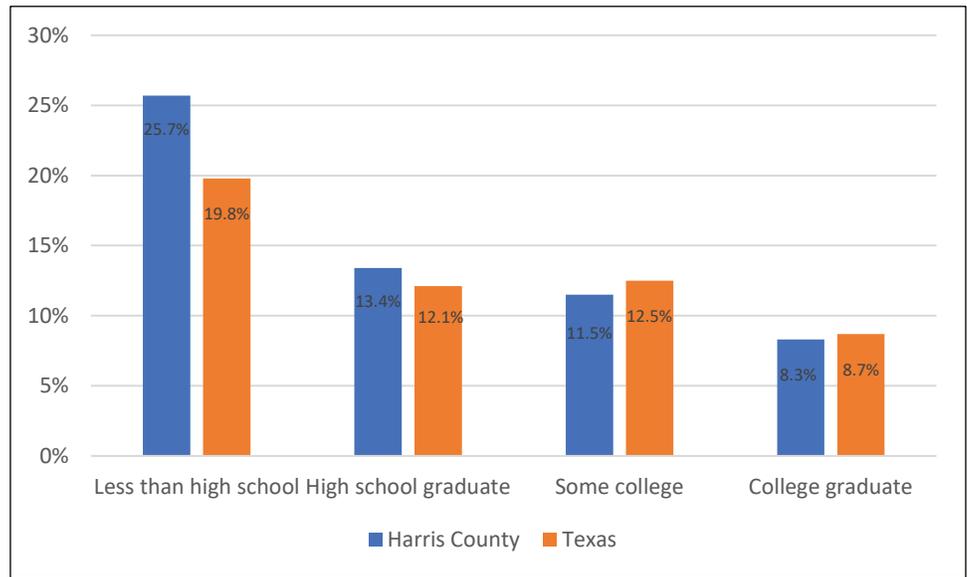
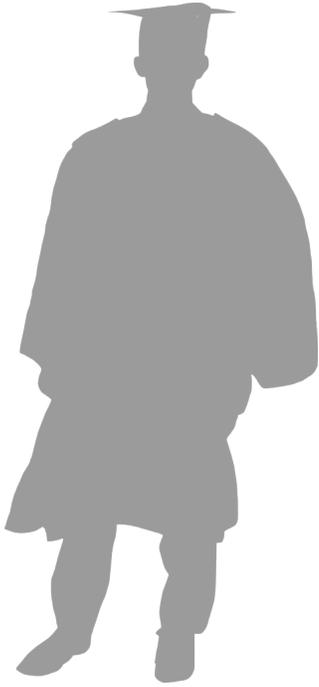


Prevalence of diabetes among adults by race/ethnicity (2018-2020)³

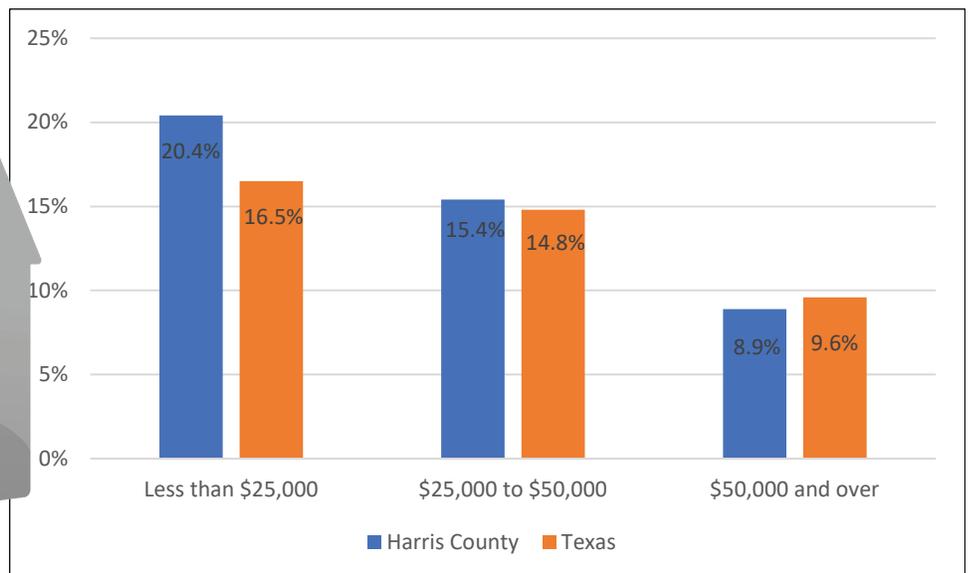
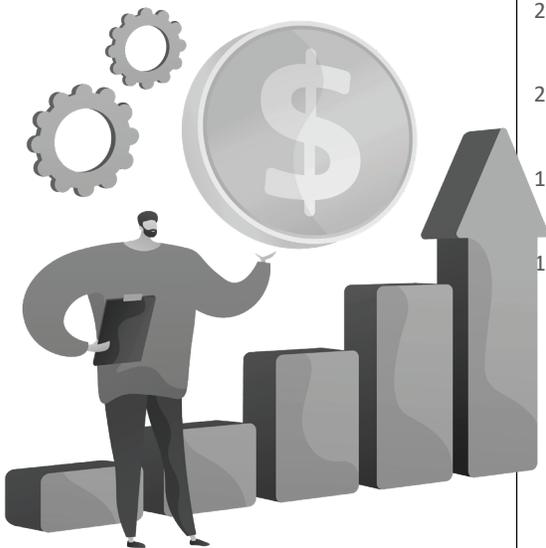


| | Harris County | Texas | USA |
|---------------------|---------------|-------|-------|
| White, Non-Hispanic | 11.3% | 10.8% | 11.9% |
| Black, Non-Hispanic | 11.8% | 15.6% | 16.4% |
| Hispanic | 16.4% | 14.2% | 14.7% |

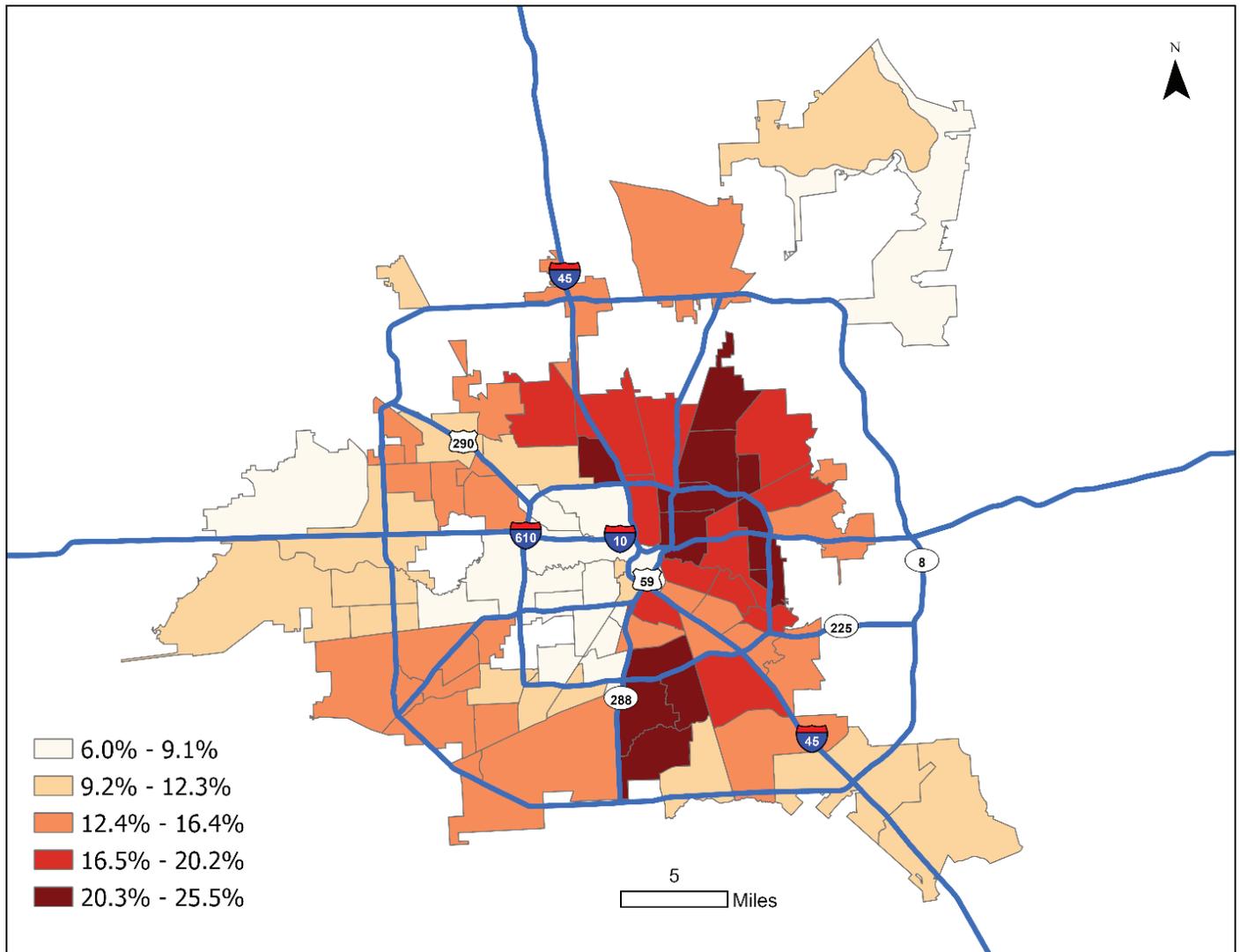
Prevalence of diabetes among adults by education (2018-2020)³



Prevalence of diabetes among adults by income level (2018-2020)³



Prevalence of diabetes among adults by city superneighborhood⁴



Data applies only to COH boundaries, and is divided according to natural breaks. Some of the highest areas of prevalence are in the northeast and central/south parts of Houston.

1. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/library/socialmedia/infographics/diabetes.html>

2. Hill-Briggs, F. et. Al. (2021). Social Determinants of Health and Diabetes: A Scientific Review. *Diabetes Care*; 44: 258-279. <https://doi.org/10.2337/dci20-0053>

3. 2018-2020 Behavioral Risk Factor Surveillance System – Texas and Harris County.

4. 2018 Behavioral Risk Factor Surveillance System – Harris County. Maintained By: Conduent Healthy Communities Institute