What is Diabetes?
Diabetes occurs due to a build-up of sugar in the blood when the body cannot affectively make or use insulin to process the sugar. Type 2 diabetes is the most common form of diabetes, and is often caused by factors such as intake of highly-processed food, excessive consumption of sugar-sweetened beverages, and excess body fat.¹

Why Does it Matter?
More than 2 million people in Texas have diabetes, and about 180,000 new people are diagnosed with it each year. People with diabetes have more than double the medical expenses of those without diabetes.² Uncontrolled diabetes often leads to devastating complications such as blindness, kidney failure, and lower-limb amputations.³

The prevalence of diabetes in Bexar County has remained between 10-15% over the past few years. This is similar to the percentage when looking at Texas overall (Fig 1).

The prevalence of diabetes differs according to education and income status. Both data from Texas overall (Fig 2) and Bexar County (Fig 3) reveal that those who have lower income or education are more likely to report having diabetes. In 2018, 27.2% of Bexar County survey responders with <$25,000 income reported they have diabetes, compared to only 8.1% of those with >$50,000 income (Fig 3).

Bexar County Key Points:
- Those with lower income and education levels are more likely to report they have diabetes.
- Non-Hispanic (NH) Blacks have higher rates of diabetes hospitalization than NH-Whites and Hispanics.
- Hispanics are hospitalized for diabetic amputations more than NH Blacks and NH Whites.
- Men in Bexar County have higher rates of Diabetes and Diabetic amputation hospitalizations compared with women
- Diabetic amputations rates in Bexar County have consistently and significantly been higher than the overall rate in Texas.

What are these?
Bars shown around each percentage dot are ‘error bars’ or ‘confidence intervals’. These indicate how much ‘uncertainty’ we have about a data point. If data is based on a small number of people, precision will be lower, and the length of the will be longer.
E.g. We estimate that 15.5% of Bexar county residents had obesity in 2018, but the real amount could be anywhere between 11% and 20%.
Diabetes and Diabetic Amputation Hospitalization Rates differ by Race/Ethnicity and Sex/Gender.

**Fig 4. Adult Hospitalization Rates by Race/Ethnicity, Bexar County, 2017**

- **Diabetes Hospitalization**
  - Other: 36.8
  - Hispanic: 36.1
  - NH Black: 39.7
  - NH White: 25.7

- **Diabetic Amputation Hospitalization**
  - Other: 9.1
  - Hispanic: 10.7
  - NH Black: 7.4
  - NH White: 6.0

What is this showing and why is it important?
The graph shows that the rate of diabetic hospitalization is significantly higher for NH Blacks, Hispanics, and those categorized as ‘Other’, in comparison to NH Whites. The fact that the error bar (—-) for the NH White rate does not overlap with any of the error bars for the other race group means that what the data is showing us is statistically significant and not due to chance: NH Whites are hospitalized for diabetes significantly less.

**Fig 5. Adult Hospitalization Rates by Sex/Gender, Bexar County 2017**

- **Diabetes Hospitalization**
  - Men: 27.1
  - Women: 21.5

- **Diabetic Amputation Hospitalization**
  - Men: 12.8
  - Women: 4.9

What is this showing and why is it important?
Hispanics are hospitalized for diabetic amputations significantly more than NH Blacks and NH Whites.

**Fig 6. Diabetic Amputation Hospitalization Rates Over Time**

Over the last several years, the rate of diabetic amputations in Bexar County has consistently and significantly been higher than the overall rate in Texas (Fig 6).

Diabetic Amputation Rates in Bexar County have Consistently been Higher than in Texas Overall.
Diabetes in Bexar County - 2017/2018 Report

Diabetes Hospitalization rates differ by zip code of residence. Zip codes in the northwest of Bexar County generally have much lower rates than zip codes in the center and in the south of the county.

**Fig 7. Diabetes Hospitalization rate by Zip code, Bexar County 2017**

What are these maps showing and why is it important?
The map in Fig 7 shows that those living in southern Bexar county are hospitalized for diabetes at a much higher rate than those in the north. In particular, certain zip codes right in the center and south have the highest relative rate.
The map in Fig 8 adds another layer of data: level of poverty. Those zip codes in Fig 7 that showed the highest diabetes rate also happen to be zip codes with the highest levels of poverty. These are shown in dark navy below, and include zip codes 78207, 78237, and 78073, among others.

**Fig 8. Diabetes Hospitalization and Poverty in Bexar County by Zip Code, 2017**

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