

**Current Diabetes Prevalence Among Adults by Demographic Characteristics, Risk Factors,  
Other Conditions, and Place of Residence, Texas, 2013**

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**Table 1. Number and Percentage of Adults, 18 Years and Older, Who Report Having Diabetes and Not Having Diabetes, by Demographic Characteristics, Texas, 2013**

Demographic Characteristics	Diabetes				No Diabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	2,132,645	10.9	10.1	11.9	17,352,394	89.1	88.1	89.9
<b>Age (years)</b>								
18-29	71,078	1.6	1.0	2.7	4,357,582	98.4	97.3	99.0
30-44	280,140	5.1	3.9	6.7	5,210,431	94.9	93.3	96.1
45-64	1,002,613	15.8	13.9	17.9	5,341,289	84.2	82.1	86.1
65 and older	753,684	24.9	22.5	27.6	2,268,041	75.1	72.4	77.5
<b>Sex</b>								
Men	1,103,041	11.5	10.3	12.9	8,458,094	88.5	87.1	89.7
Women	1,029,605	10.4	9.2	11.7	8,894,299	89.6	88.3	90.8
<b>Race/Ethnicity</b>								
White	914,316	10.3	9.2	11.5	7,991,422	89.7	88.5	90.8
Black	291,796	13.3	10.4	16.8	1,898,735	86.7	83.2	89.6
Hispanic	815,315	11.9	10.3	13.8	6,014,348	88.1	86.2	89.7
Other/Multiracial	64,160	5.8	3.6	9.3	1,037,304	94.2	90.7	96.4
<b>Education</b>								
Less than a high school graduate	642,145	16.6	13.9	19.6	3,231,706	83.4	80.4	86.1
High school graduate	616,685	12.2	10.5	14.1	4,433,601	87.8	85.9	89.5
Some college	575,888	9.6	8.3	11.2	5,400,186	90.4	88.8	91.7
College graduate	295,454	6.6	5.6	7.7	4,188,746	93.4	92.3	94.4
<b>Annual Household Income</b>								
Less than \$35,000	1,077,656	14.3	12.8	16.0	6,434,651	85.7	84.0	87.2
\$35,000-\$49,999	230,948	10.4	7.4	14.3	1,996,226	89.6	85.7	92.6
\$50,000-\$74,999	197,697	9.6	7.5	12.0	1,870,888	90.4	88.0	92.5
\$75,000 or more	297,911	6.5	5.2	8.2	4,269,616	93.5	91.8	94.8
<b>Any Health Care Coverage</b>								
Yes	450,825	8.5	7.4	9.8	4,939,903	91.5	90.2	92.6
No	1,674,814	8.0	6.5	9.8	12,263,450	92.0	90.2	93.5
<b>Relationship Status</b>								
Married or partner in an unmarried couple	1,295,987	11.5	10.3	12.8	10,017,899	88.5	87.2	89.7
Widowed	260,958	22.5	18.5	27.0	900,091	77.5	73.0	81.5
Divorced or separated	420,436	15.4	12.9	18.3	2,307,713	84.6	81.7	87.1
Never married	150,243	3.6	2.7	4.8	4,006,462	96.4	95.2	97.3

Abbreviations: CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

**Table 2. Number and Percentage of Adults, 18 Years and Older, Who Report Having Diabetes and Not Having Diabetes, by Select Disease Risk Factors, Texas, 2013**

Risk Factors	Diabetes				No Diabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	2,132,645	10.9	10.1	11.9	17,352,394	89.1	88.1	89.9
Heart Disease								
Yes	413,389	37.6	32.4	43.1	685,642	62.4	56.9	67.6
No	1,678,455	9.2	8.4	10.1	16,525,128	90.8	89.9	91.6
Cardiovascular Disease								
Yes	497,497	35.6	31.2	40.3	898,837	64.4	59.7	68.8
No	1,596,683	8.9	8.1	9.8	16,308,497	91.1	90.2	91.9
Stroke								
Yes	196,860	40.3	32.8	48.4	291,095	59.7	51.6	67.2
No	1,930,736	10.2	9.3	11.1	17,022,190	89.8	88.9	90.7
Hypertension								
Yes	1,584,496	26.2	24.0	28.5	4,468,643	73.8	71.5	76.0
No	532,798	4.0	3.4	4.7	12,824,869	96.0	95.3	96.6
High Cholesterol								
Yes	1,303,115	23.5	21.3	25.8	4,246,833	76.5	74.2	78.7
No	652,293	7.1	6.0	8.4	8,516,943	92.9	91.6	94.0
Kidney Disease								
Yes	197,777	33.4	26.0	41.7	394,490	66.6	58.3	74.0
No	1,926,289	10.2	9.4	11.2	16,894,450	89.8	88.8	90.6
Cancer								
Yes	337,559	19.3	16.2	22.8	1,413,826	80.7	77.2	83.8
No	1,783,452	10.1	9.2	11.1	15,859,324	89.9	88.9	90.8
Depression								
Yes	488,598	15.8	13.7	18.2	2,605,172	84.2	81.8	86.3
No	1,635,071	10.0	9.1	11.1	14,654,260	90.0	88.9	90.9
Arthritis								
Yes	919,055	22.9	20.4	25.7	3,094,258	77.1	74.3	79.6
No	1,195,269	7.8	7.0	8.7	14,156,162	92.2	91.3	93.0
Overweight and Obese								
Yes	1,760,068	14.9	13.6	16.2	10,085,208	85.1	83.8	86.4
No	242,458	4.0	3.2	4.9	5,830,241	96.0	95.1	96.8

**Table 2. Number and Percentage of Adults, 18 Years and Older, Who Report Having Diabetes and Not Having Diabetes, by Select Disease Risk Factors, Texas, 2013 (continued)**

Risk Factors	Diabetes				No Diabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
<b>Met Physical Activity Guidelines</b>								
Yes	178,460	6.1	4.6	8.0	2,770,626	93.9	92.0	95.4
No	1,703,423	12.3	11.2	13.5	12,133,079	87.7	86.5	88.8
<b>Consume fruits and vegetables 5 or more times per day</b>								
Yes	213,872	8.2	6.6	10.2	2,387,737	91.8	89.8	93.4
No	1,790,416	11.5	10.5	12.6	13,789,650	88.5	87.4	89.5
<b>Current Cigarette Smoker</b>								
Yes	303,367	10.2	8.2	12.6	2,666,621	89.8	87.4	91.8
No	1,752,511	11.1	10.1	12.1	14,075,730	88.9	87.9	89.9
<b>Excessive Alcohol Use</b>								
Yes	79,227	7.4	4.8	11.3	991,618	92.6	88.7	95.2
No	1,935,905	11.3	10.4	12.3	15,173,382	88.7	87.7	89.6

Abbreviations: CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

**Table 3. Number and Percentage of Adults, 18 Years and Older, Who Report Having Diabetes and Not Having Diabetes, by Place of Residence, Texas, 2013**

Place of Residence	Diabetes				No Diabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	2,132,645	10.9	10.1	11.9	17,352,394	89.1	88.1	89.9
<b>Health Service Region</b>								
1	82,880	11.4	8.8	14.7	642,183	88.6	85.3	91.2
2	57,846	15.4	10.5	22.1	316,903	84.6	77.9	89.5
3	460,544	10.7	8.9	12.8	3,856,152	89.3	87.2	91.1
4	117,450	14.2	10.8	18.4	710,094	85.8	81.6	89.2
5	74,991	13.4	8.1	21.4	482,950	86.6	78.6	91.9
6	411,459	10.6	8.1	13.7	3,473,643	89.4	86.3	91.9
7	211,128	10.3	8.3	12.7	1,841,007	89.7	87.3	91.7
8	242,351	13.6	10.9	16.7	1,542,949	86.4	83.3	89.1
9	57,328	14.5	10.8	19.2	337,771	85.5	80.8	89.2
10	67,316	13.2	10.5	16.4	443,921	86.8	83.6	89.5
11	171,905	13.6	11.1	16.6	1,093,802	86.4	83.4	88.9
<b>U.S.-Mexico Border County (15)</b>								
Border County	194,462	12.9	10.9	15.2	1,315,719	87.1	84.8	89.1
Non-Border County	1,760,736	11.6	10.6	12.7	13,425,656	88.4	87.3	89.4
<b>U.S.-Mexico Border County (32)</b>								
Border County	207,839	13.1	11.1	15.4	1,376,304	86.9	84.6	88.9
Non-Border County	1,747,360	11.6	10.5	12.7	13,365,072	88.4	87.3	89.5
<b>Metropolitan Statistical Area (MSA)</b>								
Abilene MSA	--	--	--	--	--	--	--	--
Amarillo MSA	--	--	--	--	--	--	--	--
Austin-Round Rock MSA	101,500	8.3	6.1	11.2	1,117,034	91.7	88.8	93.9
Beaumont-Port Arthur MSA	--	--	--	--	--	--	--	--
Brownsville-Harlingen MSA	36,782	14.6	8.3	24.4	215,586	85.4	75.6	91.7
College Station-Bryan MSA	--	--	--	--	--	--	--	--
Corpus Christi MSA	42,396	18.6	11.8	28.1	185,650	81.4	71.9	88.2
Dallas-Plano-Irving PMSA	254,828	9.3	7.1	12.0	2,496,766	90.7	88.0	92.9
Ft. Worth-Arlington PMSA	190,179	13.8	10.7	17.5	1,189,530	86.2	82.5	89.3
El Paso MSA	67,316	13.6	10.9	17.0	426,360	86.4	83.0	89.1
Houston-Baytown-Sugar Land MSA	417,359	10.8	8.3	14.0	3,435,528	89.2	86.0	91.7
Killeen-Temple-Ft. Hood MSA	50,180	18.5	11.2	29.0	220,786	81.5	71.0	88.8
Longview MSA	17,391	11.4	6.6	19.1	134,855	88.6	80.9	93.4
Lubbock MSA	19,759	9.5	7.1	12.7	187,696	90.5	87.3	92.9
McAllen-Edinburg-Pharr MSA	68,668	13.4	10.7	16.6	444,536	86.6	83.4	89.3
Midland MSA	16,436	16.1	10.0	24.9	85,726	83.9	75.1	90.0
Odessa MSA	9,456	10.0	6.7	14.8	84,989	90.0	85.2	93.3
San Antonio MSA	183,476	12.9	10.0	16.3	1,243,331	87.1	83.7	90.0

**Table 3. Number and Percentage of Adults, 18 Years and Older, Who Report Having Diabetes and Not Having Diabetes, by Place of Residence, Texas, 2013 (continued)**

Place of Residence	Diabetes				No Diabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
MSA (continued)								
Tyler MSA	13,230	9.4	5.7	14.9	128,171	90.6	85.1	94.3
Victoria MSA	--	--	--	--	--	--	--	--
Waco MSA	--	--	--	--	--	--	--	--
County								
Bell	31,547	16.3	8.9	28.0	162,344	83.7	72.0	91.1
Bexar	143,910	12.7	9.7	16.6	984,887	87.3	83.4	90.3
Brazos	--	--	--	--	--	--	--	--
Cameron	36,782	14.6	8.3	24.4	215,586	85.4	75.6	91.7
Collin	--	--	--	--	--	--	--	--
Dallas	169,240	11.0	7.8	15.2	1,376,078	89.0	84.8	92.2
Denton	--	--	--	--	--	--	--	--
Ector	9,456	10.0	6.7	14.8	84,989	90.0	85.2	93.3
El Paso	67,316	13.6	10.9	17.0	426,360	86.4	83.0	89.1
Fort Bend	39,184	9.1	6.3	13.0	391,861	90.9	87.0	93.7
Gregg	8,524	9.0	5.5	14.3	86,398	91.0	85.7	94.5
Harris	263,014	10.2	7.1	14.5	2,308,457	89.8	85.5	92.9
Hays	--	--	--	--	--	--	--	--
Hidalgo	68,668	13.4	10.7	16.6	444,536	86.6	83.4	89.3
Jefferson	--	--	--	--	--	--	--	--
Johnson	--	--	--	--	--	--	--	--
Lubbock	19,759	9.6	7.1	12.8	186,224	90.4	87.2	92.9
McLennan	--	--	--	--	--	--	--	--
Midland	16,436	16.1	10.0	24.9	85,726	83.9	75.1	90.0
Montgomery	69,362	26.0	14.4	42.4	196,972	74.0	57.6	85.6
Nueces	28,817	17.0	9.7	28.3	140,361	83.0	71.7	90.3
Potter	--	--	--	--	--	--	--	--
Randall	--	--	--	--	--	--	--	--
Smith	13,230	9.4	5.7	15.0	128,171	90.6	85.0	94.3
Tarrant	143,779	12.4	9.3	16.3	1,016,419	87.6	83.7	90.7
Travis	69,862	9.3	6.4	13.3	679,437	90.7	86.7	93.6
Williamson	--	--	--	--	--	--	--	--

Abbreviations: CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

## Technical Notes

- Case Definitions: (1) *Diabetes* status was defined by self-reported "Yes" responses to a survey question asking if they had ever been diagnosed with a having diabetes, not during pregnancy and not pre- or borderline diabetes, among the total number of respondents, excluding people missing information or who refused or did not know the answer to the survey question;
- (2) *Heart Disease* percentages were based on self-reported "Yes" responses to survey questions asking if they had ever been diagnosed with a having had an heart attack/myocardial infarction, or having angina or coronary heart disease, among the total number of respondents, excluding people with missing information or who refused or did not know the answer to the survey questions;
- (3) *Cardiovascular Disease* percentages were based on self-reported "Yes" responses to survey questions asking if they had ever been diagnosed with having had a heart attack/myocardial infarction, having angina or coronary heart disease, or having had a stroke, among the total number of respondents, excluding people with missing information or who refused or did not know the answer to the survey questions;
- (4) *Stroke* percentages were based on self-reported "Yes" responses to survey questions asking if they had ever been diagnosed with a having had a stroke, among the total number of respondents, excluding people with missing information or who refused or did not know the answer to the survey questions;
- (5) *Hypertension* percentages were based on self-reported "Yes" responses to a survey question asking if they had ever been diagnosed with a having high blood pressure, not during pregnancy and not pre- or borderline hypertension, among the total number of respondents, excluding people missing information or who refused or did not know the answer to the survey question;
- (6) *High Cholesterol* status based self-reported "Yes" responses to a survey question asking if they had been ever diagnosed with high Blood Cholesterol.
- (7) *Kidney Disease* status was defined by self-reported "Yes" responses to a survey question asking if they had ever been diagnosed with a having kidney disease not including kidney stones, bladder infection or incontinence;
- (8) *Cancer* status was defined by self-reported "Yes" responses to a survey question asking if they had ever been diagnosed with skin cancer or any other type of cancer;
- (9) *Depression* status was defined by self-reported "Yes" responses to a survey question asking if they had ever been diagnosed with depression, major depression, dysthymia, or minor depression;
- (10) *Arthritis* status was defined by self-reported "Yes" responses to a survey question asking if they had ever been diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia;
- (11) *Overweight and Obese* status was defined as having a body mass index of 25 or larger, among the total number of respondents, excluding people with missing information or who refused or did not know the answer to survey questions asking them to self-report their weight and height, from which body mass index was calculated;
- (12) *Meeting physical activity guidelines* status was defined as meeting both aerobic and strengthening guidelines: 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms);
- (13) *Fruit and vegetable consumption* status was defined as consuming fruits and vegetables 5 or more times per day;
- (14) *Current Cigarette Smoker* status was defined as self-reporting having smoked at least 100 cigarettes in their lifetime and now smoking "every day" or "some days," among the total number of respondents, excluding people with missing information or who refused or did not know the answer to the survey questions asking them about their smoking habits;
- (15) *Excessive Alcohol Use* status was defined as self-reporting drinking more than 2 drinks a day for men or 1 drink a day for women in the past 30 days, among the total number of respondents, excluding people with missing information or who refused or did not know the answer to survey questions asking them the frequency of their alcohol consumption.

Estimates were excluded (--) if they were considered unreliable because the sample size was too small.

Estimates were generated from one-way and two-way cross tabulations that used weighted data and accounted for the stratified survey design; therefore, the estimates calculated from survey data represent prevalence in the population.

Estimates were produced by the Office of Surveillance, Evaluation, and Research, Health Promotion and Chronic Disease Prevention Section, Division for Disease Control and Prevention Services, Texas Department of State Health Services; January, 2015.