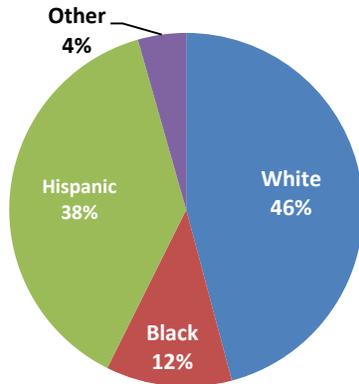
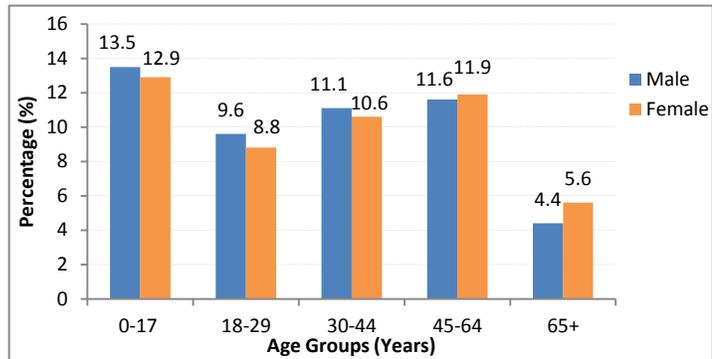


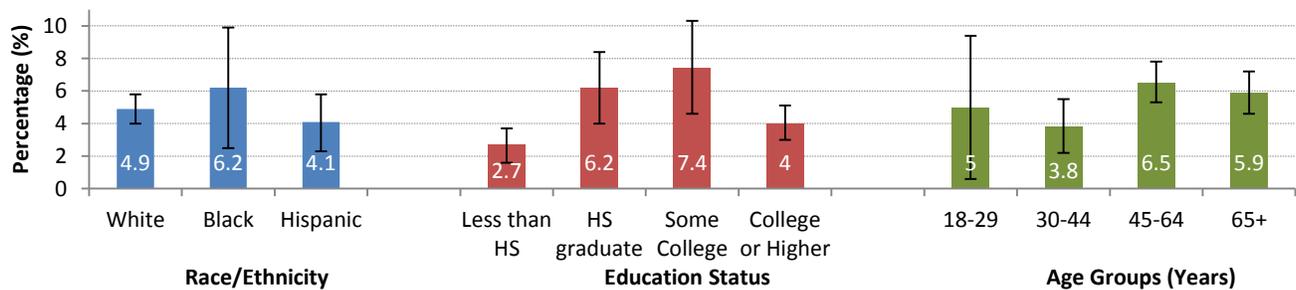
**Texas Demographics, 2009**



**Population Distribution by Age and Gender, Texas 2009**



**Prevalence of Prediabetes among Adults by Demographics, Texas 2010<sup>1</sup>**



- According to the 2010 Texas BRFSS data, **5.2%** adults 18 years and older in Texas (95% CI: 4.3-6.3) have been diagnosed with prediabetes, i.e. about 1 million adults.<sup>1,3</sup>
- According to the 2010 BRFSS data, **6.4%** adults 18 years and older in the U.S. (95% CI: 6.2-6.6) have been diagnosed with prediabetes, i.e. about 15 million adults.<sup>1,3</sup>
- 2005-2008 National Health and Nutrition Examination Surveys (NHANES) and other national data sources, based on fasting glucose or A1C levels, reported that an estimated 79 million, or **35%** of American adults aged 20 and older have prediabetes.<sup>2,3</sup>

**Prevalence of Prediabetes by Race/Ethnicity and Age Group, Texas 2010<sup>1</sup>**

Age Group	White (%)	Black (%)	Hispanic (%)	All Races (%)
18 – 44	2.7 (1.4-4.1)	5.2 (0.0-12.1)	4.1 (1.4-6.8)	4.2 (2.4-5.9)
45 – 64	6.7 (5.2-8.4)	8.2 (4.7-14.0)	4.1 (2.6-6.4)	6.5 (5.3-7.8)
65+	6.5 (5.0-8.3)	4.9 (2.3-10.2)	3.9 (2.0-7.3)	5.9 (4.6-7.2)

**Reference:**

1. Texas Behavioral Risk Factor Surveillance System (BRFSS), 2010. Center for Health Statistics, DSHS. Youth with diabetes include those whose parents or guardian have been told by a doctor, nurse, or other healthcare professional they have diabetes.
2. Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.
3. An important distinction between Texas (BRFSS) and national (NHANES) prevalence estimates is that the national prediabetes estimate reflects the results of both fasting glucose and A1C testing of the sample population, capturing both the diagnosed and undiagnosed prediabetes population. Texas BRFSS data is self-reported, capturing only those who have been diagnosed. The lower self-reported estimate from BRFSS could be indicative of a lack of awareness of prediabetes among respondents.