

**More than 2,500,000 Texans have Type 2 diabetes<sup>1</sup>. Here are some factors that mean you could be at risk.**

**Risk factors for Type 2 diabetes**

- Are African American, Hispanic/Latino American, American Indian, and some Asian Americans or Pacific Islanders
- Have a sister, brother, or a parent with diabetes
- Have prediabetes
- Are overweight (higher weight than what is considered healthy)
- Are fairly inactive or exercise less than 150 minutes per week
- Are age 45 or older
- Have previously had diabetes during pregnancy or had a baby weighing more than 9 pounds at birth



**Use the QR code below to access free publications from the Diabetes Prevention and Control Program.**



**Contact us**

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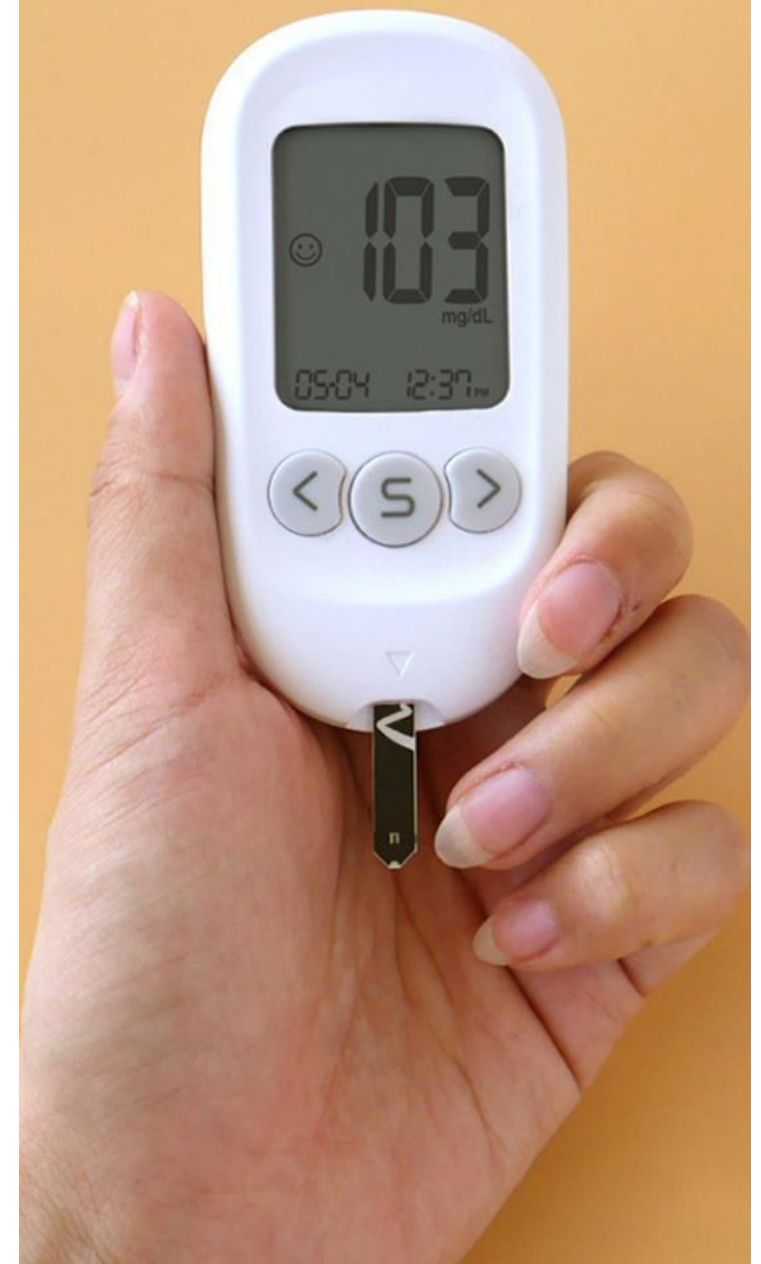
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<sup>1</sup>Prevalence of Diabetes Among Adults, by Demographic Characteristics, Risk Factors / Comorbid Conditions, and Place of Residence, Texas, 2021. Prepared by Chronic Disease Epidemiology Branch, Health Promotion and Chronic Disease Prevention Section, Texas Department of State Health Services.

**Could You Have Diabetes?**



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

**Learn more about your diabetes risk inside.**

## Are you experiencing symptoms of diabetes?

- Blurred vision
- Lack of energy or feeling very tired
- Extreme thirst or hunger
- Peeing frequently, often at night
- Unexplained weight gain or loss
- Slow-healing sore or cuts
- Numbness, pain, or tingling in hands or feet
- Very dry skin
- More infections than usual

***If you are showing symptoms of diabetes, talk to your doctor and tell them why you think you might have diabetes.***



## How to find out if you have diabetes

The American Diabetes Association (ADA) guidelines recommend that everyone age 35 and older or women who have had gestational diabetes be screened for diabetes every three years. Those who have been diagnosed with prediabetes are recommended to test every year. It is also recommended that those who have HIV be tested.

There are several different ways to diagnose diabetes. Your doctor will suggest the appropriate tests and diagnose diabetes if they reveal high blood sugar.

### Prediabetes

Before people develop Type 2 diabetes, they usually have prediabetes. That means their blood sugar levels are higher than normal, but not yet high enough to be diagnosed with diabetes. People with prediabetes are more likely to develop diabetes within 10 years, and they are more likely to have a heart attack or stroke. The good news is that individuals with prediabetes can delay or prevent diabetes by engaging in regular physical activity and eating healthier meals.

### Diabetes is a serious disease

Diabetes can lead to blindness, heart attack, stroke, kidney failure, amputation, and death. You can prevent or delay complications from diabetes by eating healthy meals, being physically active, managing your weight, monitoring your blood sugar, and taking the medicine your doctor prescribes.



***The good news is that individuals with diabetes can help manage their blood sugar by being physically active for 30 minutes a day, five days a week, and eating healthy.***

### Insurance coverage of diabetes

Texas and federal laws require some health benefit plans to provide coverage for diabetes equipment, supplies, and education about how to manage diabetes. For more information about what your health insurance covers, contact your health insurance provider.

**The Texas Department of Insurance Consumer Help Line is available to answer questions about coverage at 1-800-252-3439.**