

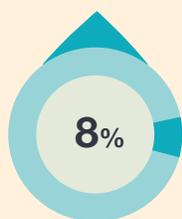
# TYPE 2 DIABETES IN BEXAR COUNTY

**TYPE 2 DIABETES** is a serious chronic disease that can affect kidneys, eyes and nerves. Diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations and new cases of blindness among adults in the United States. Most people with diabetes can manage it by; monitoring their blood glucose, controlling their diet, taking medication, losing excess weight and following an exercise plan. Research also has discovered that lifestyle modifications are very effective in helping people delay or prevent this disease.

## TYPE 2 DIABETES IN BEXAR COUNTY



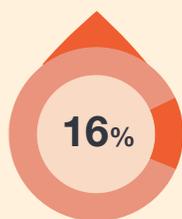
### PREVALENCE OF DIABETES BY RACE



**WHITE**  
WITH DIABETES

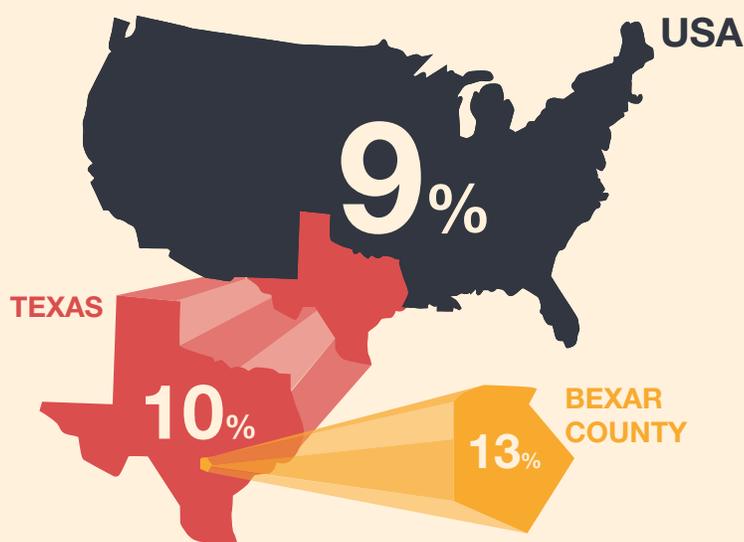


**BLACK**  
WITH DIABETES



**HISPANIC**  
WITH DIABETES

## PREVALENCE OF DIABETES BY LOCATION



### KEY MESSAGES



Genetics, race and ethnicity are significant risk factors, a lower education level is also a risk factor for developing diabetes.



Individuals who do not graduate from college are almost twice as likely than college graduates to develop diabetes.



More than 1 in 7 San Antonio residents have been diagnosed with Diabetes.



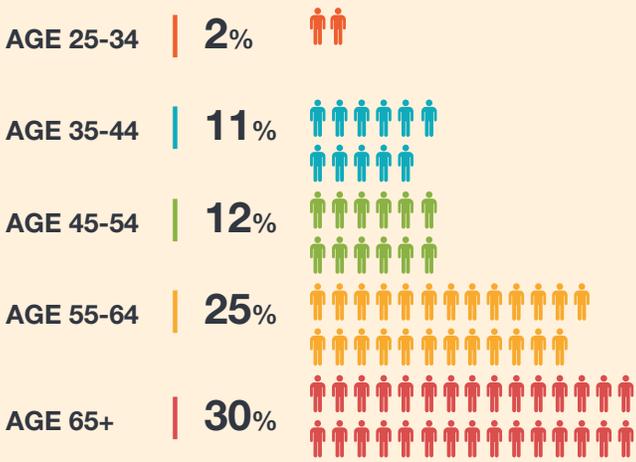
**DIABETES IS A MAJOR CAUSE OF HEART DISEASE AND STROKES.**

**TYPE 2 DIABETES IN BEXAR COUNTY**



ONE IN THREE SENIORS OVER THE AGE OF 65 HAS DIABETES. AS PEOPLE GET OLDER, THEIR RISK FOR DIABETES INCREASES.

**PREVALENCE OF DIABETES BY AGE**



PARTICIPANTS IN THE DIABETES SELF-MANAGEMENT PROGRAM IMPROVE THEIR OVERALL HEALTH STATUS THROUGH THE DAY-TO-DAY MANAGEMENT OF DIABETES.

**IN YOUR COMMUNITY**

**AMERICAN DIABETES ASSOCIATION (ADA)**

The ADA, the leading organization for diabetes education, fundraising for research, and advocacy; offers FREE events throughout the year. *To learn more, call (210) 829-1765 or visit [diabetes.org/sanantonio](http://diabetes.org/sanantonio).*



**TAKE CONTROL WITH DIABETES SELF-MANAGEMENT**

Open to individuals with Type 2 Diabetes and their family members, FREE Workshops empower individuals to take control of their health and safely manage diabetes. *For more info call (210) 207-8802.*

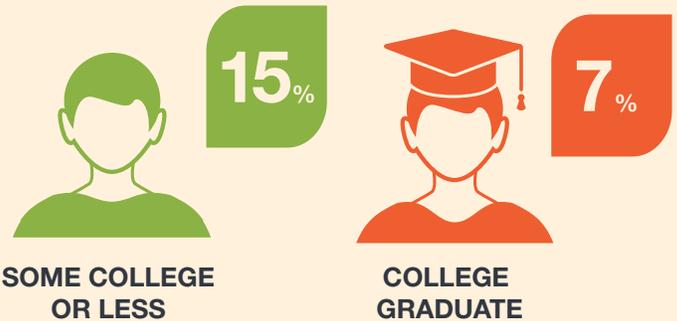


**DIABETES PREVENTION**

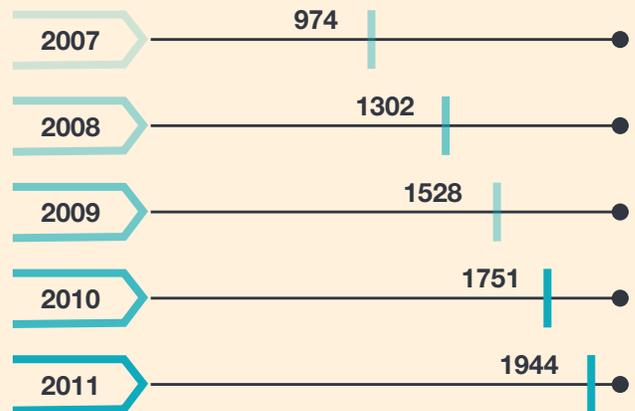
The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain a healthy lifestyle in order to reduce their chances of developing the disease. *Contact Veronica Wong-Rizo at [veronicar@ymcasatx.org](mailto:veronicar@ymcasatx.org) or at the Y Living Center at (210) 924-8858.*



**PREVALENCE OF DIABETES BY EDUCATION**



**RATE OF DIABETIC AMPUTATIONS IN BEXAR COUNTY BY YEAR**



†Bexar County Hospital Discharge Data

**DATA SOURCES:**

San Antonio Metropolitan Health District (SAMHD) Youth Risk Behavior Survey (YRBS) 2010 and 2013  
 \*San Antonio Metropolitan Health District (SAMHD) Behavioral Risk Factor Surveillance System (BRFSS) 2010  
 San Antonio Metropolitan Health District (SAMHD) Behavioral Risk Factor Surveillance System (BRFSS) 2012 or as indicated