

**Current Prediabetes 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, by Self-Reported Doctor Diagnosed Prediabetes and Demographic Characteristics, Texas, 2013**

Demographic Characteristics	Prediabetes				No Prediabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower	Upper			Lower	Upper
<b>Total Population</b>	1,159,365	7.7	6.6	9.1	13,815,976	92.3	90.9	93.4
<b>Age (years)</b>								
18 to 29 years	215,227	6.0	3.7	9.5	3,391,529	94.0	90.5	96.3
30 to 44 years	231,327	5.0	3.4	7.2	4,408,363	95.0	92.8	96.6
45 to 64 years	494,367	10.6	8.5	13.3	4,148,406	89.4	86.7	91.5
65+ years	218,444	11.1	8.6	14.2	1,751,533	88.9	85.8	91.4
<b>Sex</b>								
Male	565,085	7.8	6.1	9.9	6,682,299	92.2	90.1	93.9
Female	594,280	7.7	6.3	9.4	7,133,677	92.3	90.6	93.7
<b>Race/Ethnicity</b>								
White only, non-Hispanic	498,455	7.2	5.7	8.9	6,449,039	92.8	91.1	94.3
Black only, non-Hispanic	180,483	11.2	7.0	17.6	1,424,329	88.8	82.4	93.0
Hispanic	399,746	7.7	5.9	9.9	4,793,479	92.3	90.1	94.1
Other only/Multiracial	--	--	--	--	--	--	--	--
<b>Education</b>								
Less than High School	186,045	6.5	4.5	9.3	2,676,888	93.5	90.7	95.5
High School Graduate	268,280	7.4	5.4	10.1	3,354,076	92.6	89.9	94.6
Some College	463,969	9.8	7.5	12.8	4,255,008	90.2	87.2	92.5
College Graduate	241,072	6.5	4.7	9.1	3,453,200	93.5	90.9	95.3
<b>Annual Household Income</b>								
Less than \$35,000	499,609	8.5	6.5	11.0	5,405,190	91.5	89.0	93.5
\$35,000 to < \$50,000	128,475	7.8	5.0	12.1	1,517,511	92.2	87.9	95.0
\$50,000 to < \$75,000	112,180	7.6	5.0	11.4	1,355,565	92.4	88.6	95.0
\$75,000 or more	219,232	6.1	4.3	8.5	3,371,502	93.9	91.5	95.7
<b>Health care coverage</b>								
Yes	851,137	8.3	7.0	9.8	9,440,612	91.7	90.2	93.0
No	289,387	6.4	4.4	9.3	4,227,968	93.6	90.7	95.6
<b>Relationship Status</b>								
Married or partner in an unmarried couple	631,493	7.3	5.9	9.0	8,018,698	92.7	91.0	94.1
Widowed	92,764	10.8	7.2	15.9	764,107	89.2	84.1	92.8
Divorced or separated	174,727	9.0	6.3	12.8	1,764,118	91.0	87.2	93.7
Never married	249,746	7.3	4.9	10.9	3,165,219	92.7	89.1	95.1

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 Prediabetes and Not Having Prediabetes, by Select Disease Risk Factors, Texas, 2013**

Risk Factors	Prediabetes				No Prediabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower	Upper			Lower	Upper
<b>Total Population</b>	1,159,365	7.7	6.6	9.1	13,815,976	92.3	90.9	93.4
<b>Heart Disease</b>								
Yes	149,498	25.3	16.4	36.8	442,535	74.7	63.2	83.6
No	995,562	7.0	5.9	8.3	13,241,668	93.0	91.7	94.1
<b>Cardiovascular Disease</b>								
Yes	196,662	24.3	16.8	33.8	612,982	75.7	66.2	83.2
No	950,453	6.8	5.7	8.1	13,075,943	93.2	91.9	94.3
<b>Stroke</b>								
Yes	68,192	23.1	13.3	36.9	227,228	76.9	63.1	86.7
No	1,069,543	7.3	6.2	8.6	13,575,522	92.7	91.4	93.8
<b>Hypertension</b>								
Yes	605,504	15.2	12.2	18.6	3,388,398	84.8	81.4	87.8
No	553,861	5.1	4.0	6.4	10,356,852	94.9	93.6	96.0
<b>High Cholesterol</b>								
Yes	542,213	14.5	11.8	17.8	3,192,148	85.5	82.2	88.2
No	468,335	6.4	5.0	8.2	6,868,770	93.6	91.8	95.0
<b>Kidney Disease</b>								
Yes	--	--	--	--	--	--	--	--
No	1,094,046	7.6	6.4	8.9	13,389,346	92.4	91.1	93.6
<b>Cancer</b>								
Yes	174,072	13.2	9.5	18.0	1,146,773	86.8	82.0	90.5
No	975,493	7.2	6.0	8.6	12,596,427	92.8	91.4	94.0
<b>Depression</b>								
Yes	221,371	9.8	7.1	13.2	2,047,862	90.2	86.8	92.9
No	931,495	7.4	6.1	8.9	11,679,514	92.6	91.1	93.9
<b>Arthritis</b>								
Yes	371,112	13.5	10.7	16.8	2,386,405	86.5	83.2	89.3
No	786,489	6.5	5.2	7.9	11,383,778	93.5	92.1	94.8
<b>Overweight and Obese</b>								
Yes	940,289	10.5	8.8	12.5	8,030,548	89.5	87.5	91.2
No	159,012	3.4	2.3	4.9	4,550,780	96.6	95.1	97.7

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 Prediabetes and Not Having Prediabetes, by Select Disease Risk Factors, Texas, 2013 (continued)**

Risk Factors	Prediabetes				No Prediabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower	Upper			Lower	Upper
<b>Total Population</b>	1,159,365	7.7	6.6	9.1	13,815,976	92.3	90.9	93.4
<b>Met Physical Activity Guidelines</b>								
Yes	159,383	7.6	4.9	11.7	1,929,819	92.4	88.3	95.1
No	906,522	8.5	7.1	10.1	9,794,541	91.5	89.9	92.9
<b>Consume Fruits and Vegetables 5 or More Times Per Day</b>								
Yes	209,322	10.5	7.0	15.5	1,779,525	89.5	84.5	93.0
No	899,883	7.6	6.3	9.0	11,006,731	92.4	91.0	93.7
<b>Current Cigarette Smoker</b>								
Yes	197,807	8.2	5.5	12.2	2,209,360	91.8	87.8	94.5
No	933,186	7.8	6.5	9.2	11,080,462	92.2	90.8	93.5
<b>Excessive Alcohol Use</b>								
Yes	--	--	--	--	--	--	--	--
No	1,067,921	8.2	6.9	9.6	11,994,338	91.8	90.4	93.1

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 Prediabetes and Not Having Prediabetes, by Place of Residence, Texas, 2013**

Place of Residence	Prediabetes				No Prediabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower	Upper			Lower	Upper
<b>Total Population</b>	1,159,365	7.7	6.6	9.1	13,815,976	92.3	90.9	93.4
<b>PHR</b>								
1	46,953	7.2	4.0	12.6	606,384	92.8	87.4	96.0
2	--	--	--	--	--	--	--	--
3	188,833	5.3	3.4	8.2	3,368,242	94.7	91.8	96.6
4	--	--	--	--	--	--	--	--
5	--	--	--	--	--	--	--	--
6	322,133	9.8	6.8	13.8	2,973,626	90.2	86.2	93.2
7	89,773	5.3	3.1	8.9	1,600,991	94.7	91.1	96.9
8	220,518	15.0	10.7	20.6	1,248,798	85.0	79.4	89.3
9	--	--	--	--	--	--	--	--
10	--	--	--	--	--	--	--	--
11	95,415	8.8	5.9	13.0	985,670	91.2	87.0	94.1
<b>Border Counties (15)</b>								
Border	83,894	6.7	4.5	9.9	1,164,471	93.3	90.1	95.5
Non-border	1,012,802	7.9	6.6	9.4	11,861,633	92.1	90.6	93.4
<b>Border Counties (32)</b>								
Border	96,381	7.5	5.1	10.8	1,192,118	92.5	89.2	94.9
Non-border	1,000,316	7.8	6.5	9.3	11,833,986	92.2	90.7	93.5
<b>Metropolitan Statistical Area (MSA)</b>								
Abilene MSA	--	--	--	--	--	--	--	--
Amarillo MSA	--	--	--	--	--	--	--	--
Austin-Round Rock MSA	--	--	--	--	--	--	--	--
Beaumont-Port Arthur MSA	--	--	--	--	--	--	--	--
Brownsville-Harlingen MSA	--	--	--	--	--	--	--	--
College Station-Bryan MSA	--	--	--	--	--	--	--	--
Corpus Christi MSA	--	--	--	--	--	--	--	--
Dallas-Plano-Irving PMSA	90,274	3.6	2.0	6.2	2,431,200	96.4	93.8	98.0
Ft. Worth-Arlington PMSA	--	--	--	--	--	--	--	--
El Paso MSA	--	--	--	--	--	--	--	--
Houston-Baytown-Sugar Land MSA	313,472	9.7	6.7	13.8	2,929,510	90.3	86.2	93.3
Killeen-Temple-Ft. Hood MSA	--	--	--	--	--	--	--	--
Longview MSA	--	--	--	--	--	--	--	--
Lubbock MSA	--	--	--	--	--	--	--	--

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 Prediabetes and Not Having Prediabetes, by Place of Residence, Texas, 2013**

Place of Residence	Prediabetes				No Prediabetes			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower	Upper			Lower	Upper
<b>Total Population</b>	1,159,365	7.7	6.6	9.1	13,815,976	92.3	90.9	93.4
McAllen-Edinburg-Pharr MSA	49,665	10.8	6.4	17.7	410,216	89.2	82.3	93.6
Midland MSA	--	--	--	--	--	--	--	--
Odessa MSA	--	--	--	--	--	--	--	--
San Antonio MSA	192,852	15.9	11.1	22.3	1,017,264	84.1	77.7	88.9
Tyler MSA	--	--	--	--	--	--	--	--
Victoria MSA	--	--	--	--	--	--	--	--
Waco MSA	--	--	--	--	--	--	--	--
<b>County</b>								
Bell	--	--	--	--	--	--	--	--
Bexar	151,704	15.9	10.4	23.5	800,486	84.1	76.4	89.6
Brazos	--	--	--	--	--	--	--	--
Cameron	--	--	--	--	--	--	--	--
Collin	--	--	--	--	--	--	--	--
Dallas	--	--	--	--	--	--	--	--
Denton	--	--	--	--	--	--	--	--
Ector	--	--	--	--	--	--	--	--
El Paso	--	--	--	--	--	--	--	--
Fort Bend	65,093	12.6	7.3	20.9	452,214	87.4	79.1	92.7
Gregg	--	--	--	--	--	--	--	--
Harris	190,501	9.4	5.6	15.3	1,830,084	90.6	84.7	94.4
Hays	--	--	--	--	--	--	--	--
Hidalgo	49,665	10.8	6.4	17.7	410,216	89.2	82.3	93.6
Jefferson	--	--	--	--	--	--	--	--
Johnson	--	--	--	--	--	--	--	--
Lubbock	--	--	--	--	--	--	--	--
McLennan	--	--	--	--	--	--	--	--
Midland	--	--	--	--	--	--	--	--
Montgomery	--	--	--	--	--	--	--	--
Nueces	--	--	--	--	--	--	--	--
Potter	--	--	--	--	--	--	--	--
Randall	--	--	--	--	--	--	--	--
Smith	--	--	--	--	--	--	--	--
Tarrant	--	--	--	--	--	--	--	--
Travis	--	--	--	--	--	--	--	--
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) *Prediabetes* status was defined by self-reported "Yes" responses to a survey question asking if they had ever been diagnosed with prediabetes or borderline diabetes, except for during pregnancy, among the total number of respondents without diagnosed diabetes, 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.

List of 15 Border Counties: Brewster, Cameron, El Paso, Hidalgo, Hudspeth, Jeff Davis, Kinney, Maverick, Presidio, Starr, Terrell, Val Verde, Webb, Willacy and Zapata.

List of 32 Border Counties: Brewster, Brooks, Cameron, Crockett, Culberson, Dimmit, Duval, Edwards, El Paso, Frio, Hidalgo, Hudspeth, Jeff Davis, Jim Hogg, Kenedy, Kinney, La Salle, Maverick, McMullen, Pecos, Presidio, Real, Reeves, Starr, Sutton, Terrell, Uvalde, Val Verde, Webb, Willacy, Zapata and Zavala.

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; March, 2015.