

Diabetes

Fast Facts for Texas

What is diabetes?

Diabetes is a chronic disease that affects how your body turns food into energy. There are three types of diabetes: Type 1, Type 2, and gestational (pregnancy) diabetes.¹

Diabetes is the **eighth leading cause of death** for Texans.²

In 2023, Medicaid paid

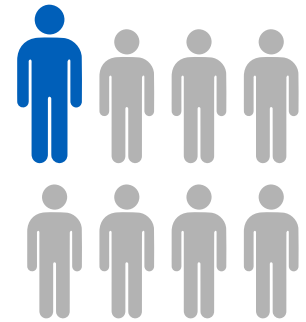
\$467 million

for diabetes-related costs in Texas.⁴

Approximately

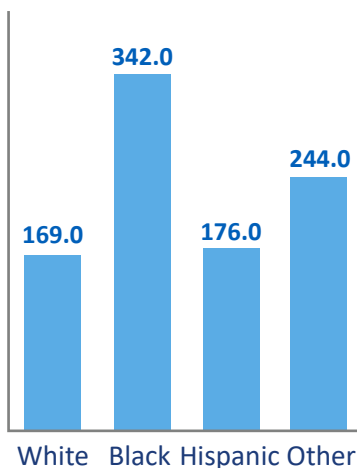
1 in 8

adults in Texas are living with diabetes.³



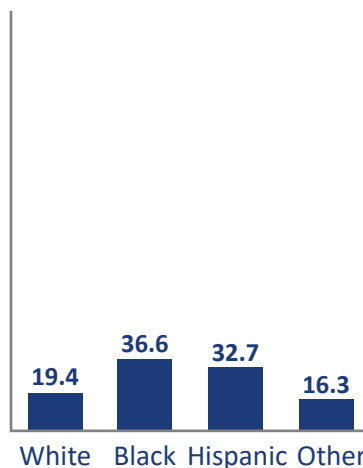
Texans ages **65-plus** are at higher risk of diabetes-related hospitalizations⁵ and deaths.⁶

Diabetes Hospitalizations
per 100,000⁵



Race/Ethnicity

Diabetes Deaths
per 100,000⁶



Race/Ethnicity

Top Five Diabetes Comorbidities³

- 1 High Blood Pressure - 67%*
- 2 High Cholesterol - 59%
- 3 Obesity - 50%
- 4 Physical Inactivity - 39%
- 5 Tobacco Use - 20%

*How to read: 67% of Texan adults who are living with diabetes are also living with high blood pressure.

How do you lower your risk of type II diabetes?⁷



Manage obesity

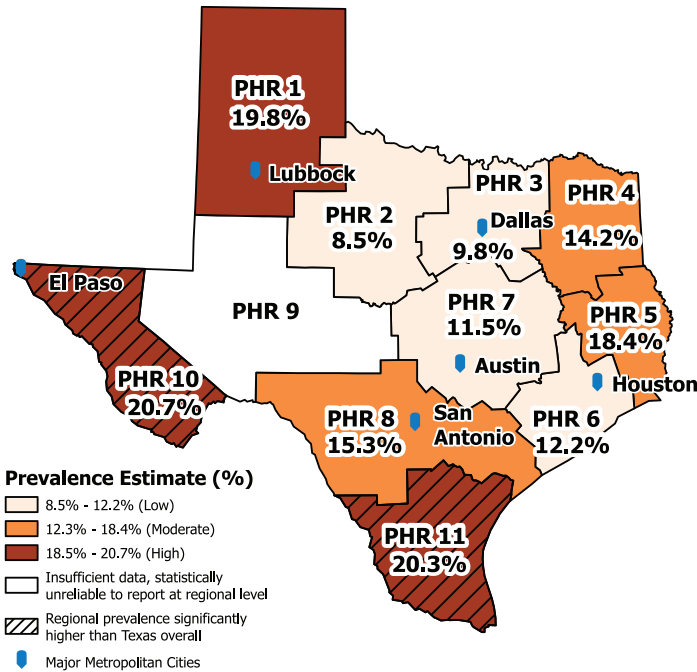


Increase physical activity



Eat a healthy diet

Diabetes Prevalence



12.7%

Overall prevalence of diabetes among adult Texans

Public Health Region (PHR) 10 and 11 have the highest prevalence estimates at 20.7% and 20.3%.

Prevalence is the number of people in a population who currently have a disease or condition.

Data Classification: Quantiles
Data Source: 2023 Texas Behavioral Risk Factor Surveillance System (BRFSS), Center for Health Statistics, Texas Department of State Health Services.
Diabetes is defined as a "Yes" response to the question, "Has a doctor, nurse, or other health professional ever told you that you have diabetes?"

Diabetes Mortality

24.2

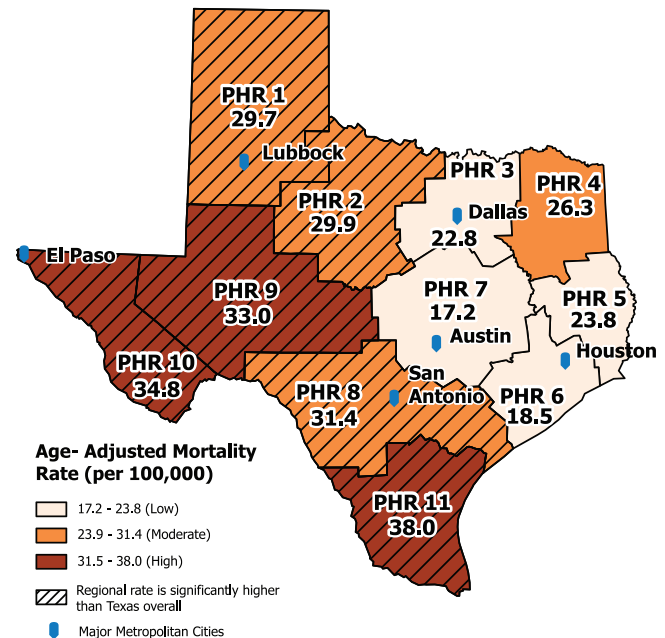
per 100,000

Overall age-adjusted diabetes death rate in Texas

PHR 11 has the highest age-adjusted death rate at **38.0** per 100,000.

Mortality is the number of deaths from a disease or condition in a population.

Age-adjustment is the way to make fair comparisons between groups of people. Since age can change a person's health, this method helps make sure that the differences we see are not just because one population is older or younger than the other.



Data Classification: Quantiles
Population Data Source: Texas Demographic Center, Vintage 2018 Population Projections
Mortality Data Source: Center for Health Statistics, Texas Department of State Health Services
Cause of Death: 2022 Diabetes (ICD-10 Codes E10 - E14)

Data Sources:

1. Diabetes Basics (DM), Center for Disease Control and Prevention (CDC), Last Reviewed: May 15, 2024
2. Centers for Disease Control and Prevention. Mortality 2018-2022 on CDC WONDER. 2024. wonder.cdc.gov/ucd-icd10-expanded.html
3. Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2011-2023, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.
4. Texas Medicaid and Healthcare Partnership (TMHP). Texas Medicaid Utilization and Expenditures for Diabetes. August 2024. Accessed 2025.
5. Texas Health Care Information Collection. Data from: Inpatient Hospital Discharge Public Use Data File. 2023. Deposited 2022.
6. 2024 Population Projections from the Texas Demographic Center (2018). Population for 2010-2050 for State of Texas and Counties. TDC - 2018 Projections. Diabetes (ICD-10 Codes E10-E14).
7. Diabetes Risk Factors. Center for Disease Control and Prevention (CDC). Last Reviewed: May 15, 2024.



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**

This fact sheet was updated August 2025.

Visit dshs.texas.gov/diabetes for more information on diabetes in Texas.