

# DIABETES RATES IN TEXAS AND THE RIO GRANDE VALLEY BETWEEN 2014-2022

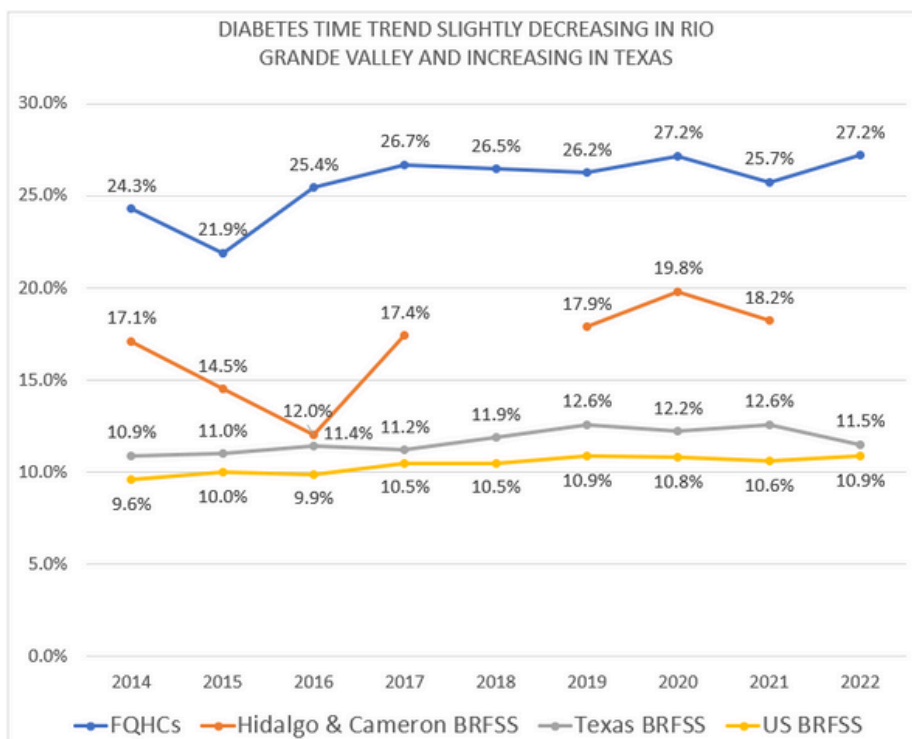
## GOAL OF UCD:

To reduce the number of new cases of type II diabetes, resulting in a 10 percent reduction in the prevalence of diabetes by 2030. UCD is committed to doing this by integrating primary and behavioral health for people at-risk for diabetes in our community, with a particular emphasis on meeting the needs of low-income and underserved populations.

## AT A GLANCE:

Based on analysis of multiple data sources on the Rio Grande Valley and the State of Texas the following are the key results:

- Rio Grande Valley has a higher rate of diabetes than Texas.
- According to Health Resources and Services Administration (HRSA) data from 3 Federally Qualified Health Centers, in 2015 our diabetes rate for the Rio Grande Valley is 21.9%.
- Since 2015, the Rio Grande Valley's rate of diabetes has increased by 5.3% (HRSA-FQHC data).
- Texas rate of diabetes is increasing.
- The work to prevent diabetes in the Rio Grande Valley must continue.



\*2022 BRFSS data for Hidalgo and Cameron has not yet been made available.\*



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## UCD 2023 TARGET

In prior years, UCD's target for a 10% diabetes reduction was based on a combination of Cameron County Hispanic Cohort (CCHC) data and Hidalgo and Cameron BRFSS data. The baseline selected was 15.9% using the 2015 Hidalgo and Cameron BRFSS data. 2015 was selected as the baseline year since it was the year that UCD began. A 10% reduction would be 1.59% decrease which would mean that the target for 2030 would be 14.31%. Due to the lack of access to the previous data used to create the baseline, UCD's Backbone and Steering Committee have decided that it is best to use data from the HRSA FQHCs which covers all four counties in the Rio Grande Valley. Thus, the new baseline would be 21.9% with a 10% reduction being 2.19% by 2030. **The new target for 2030 would be 19.71%.** As of 2022, we are approximately 7.5% away from our goal.

## DATA RESOURCES

### BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS)

is a cross-sectional telephone survey conducted by the Centers for Disease Control and Prevention (CDC) and Texas Department of State Health Services. The BRFSS uses a multistage cluster design based on random-digit dialing methods of sampling to select a representative sample from each state's noninstitutionalized civilian residents aged 18 years or older. All information from the BRFSS is self-reported. Data found in this report for Hidalgo and Cameron counties, Texas, and the United States was obtained from BRFSS. Data from Starr and Cameron counties could not be obtained due to sample size being too small.

### HEALTH RESOURCES AND SERVICES ADMINISTRATION (HRSA)

Data for the Federally Qualified Health Centers (FQHCs) was obtained from HRSA. The FQHCs used for this report are Brownsville Community Health Center, Nuestra Clinica Del Valle, and Su Clinica which sees patients from all four Rio Grande Valley counties (Hidalgo, Cameron, Starr, Willacy).



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