

Adults with Diabetes in the RGV

Health Resources and Services Administration (HRSA) data for three clinics in the Rio Grande Valley (RGV) was analyzed to identify diabetes trends within the adult population.



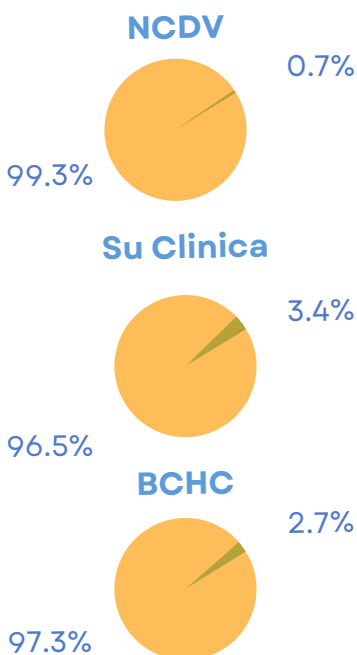
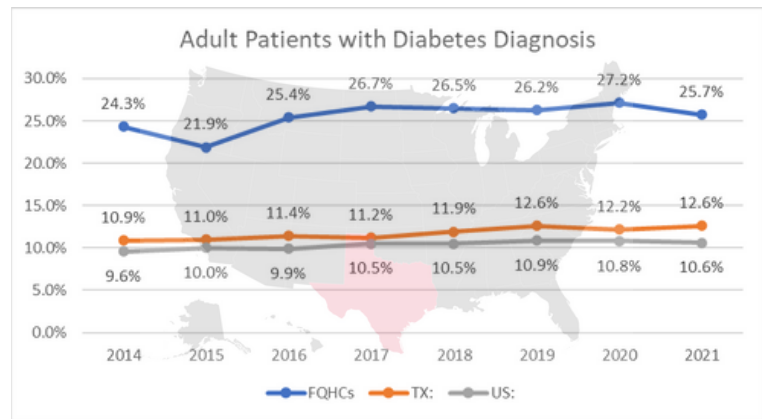
About the Data

The three clinics assessed include Nuestra Clinica Del Valle (NCDV), Su Clinica, and Brownsville Community Health Clinic (BCHC). The data analyzed for these three clinics includes patient demographic and chronic diseases information. Data from 2014-2021 was compared between all three clinics.

Percentage of Adults with Diabetes: Regional vs State and National

Data shows that the percentage of adult patients with diabetes in the three clinics is over two times higher than that of the state and national average.

As of 2021, the average for the three clinics indicates the percentage of adult patients with diabetes is 25.7%. The state average for adults with diabetes is 12.6% and the national is 10.6%.



Diabetes and Ethnicity:

■ Hispanic/Latino
 vs
■ Non-Hispanic/Latino

Data also shows that from the adult patients with diabetes in 2021, over 99% were Hispanic or Latino.

Other Health Risks: Obesity

Another chronic disease that has been found to be directly linked to diabetes is obesity. Data shows that the percent of patients with overweight or obesity has been increasing over the years within the three clinics.



In 2021 an average of 29% of the clinics' patients were diagnosed as overweight or obese.

Source: [Health Resources & Services Administration](#)

