



PREVENTING DIABETES

A Community Effort in the Rio Grande Valley

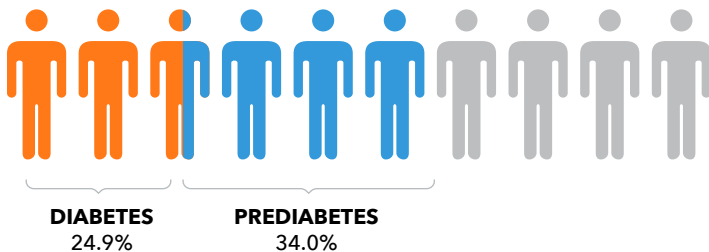
The goal of Unidos Contra Diabetes is to reduce the number of new cases of type II diabetes in 5 years, resulting in a **10 percent reduction in the prevalence of diabetes by 2030**. We are committed to doing this by integrating primary and behavioral health for people at-risk for diabetes in our community, with a particular emphasis on meeting the needs of low-income and underserved populations.

Diabetes and Obesity are major health issues for adults, children and families in the Rio Grande Valley.

What does that look like in the Rio Grande Valley?

Prevalence

An estimated **58.9%** of adults in the Rio Grande Valley have either diabetes or prediabetes (at risk for Diabetes.)



Cost

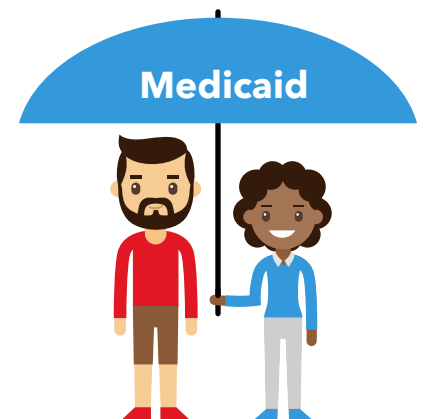
In Texas, Medicaid spent more than **\$400 million** on beneficiaries with diabetes.



On average, Medicaid spent over **\$1,600 per beneficiary** with diabetes.



Previously Undiagnosed



Two thirds of the Mexican American population in the cohort had diabetes or prediabetes and all had poor metabolic health.

Forty percent of those with diabetes were previously undiagnosed. An additional 32.0% had prediabetes.

Participants with diabetes on **Medicaid** were significantly more likely to be diagnosed.

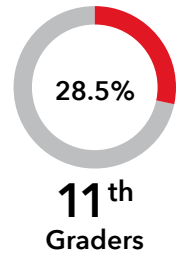
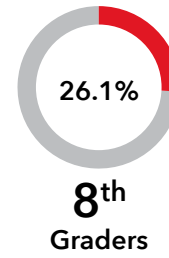
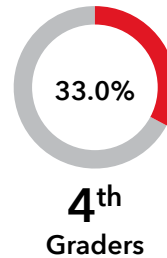
Obesity is a major risk factor leading to diabetes.

48.3%
of adults in the Rio Grande Valley are obese.

Children



Obesity by grade in the Rio Grande Valley:



Factors that contribute to obesity



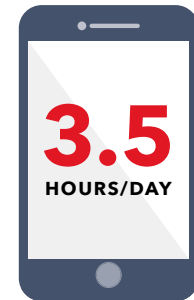
Not enough fruits and vegetables

11th graders report eating fruits and vegetables only **2.4 times** per day, whereas this same group reported eating unhealthy snacks **3.2 times**.



Limited opportunities for physical activity

Only **7%** of 4th graders meet physical activity guidelines.



Too much tv or screen time

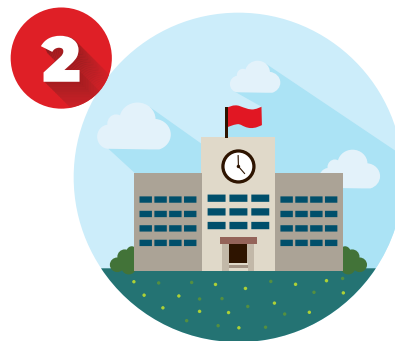
8th graders report about **3.5 hours** per day on screen time.

Source: School Physical Activity and Nutrition (SPAN) Survey 2015-2016.
Full data sources available at ucdrgv.org/healthconnect/

What are we doing to meet our goal?



1
Community Classes, Diabetes Prevention Programs, Texercise (hhs.texas.gov/services/health/food-fitness/texercice), **It's Time Texas – Choose Healthier App** (itstimetexas.org)



2
Develop and promote policies that lead to systematic changes in organizations like school districts, healthcare providers and clinics, as well as local and state government.



3
Gather data and use it to inform policy and programs as well as to gauge progress. Learn more at the **UCD Health Connect** site (ucdrgv.org/healthconnect)

Want to learn more? Visit ucdrgv.org