



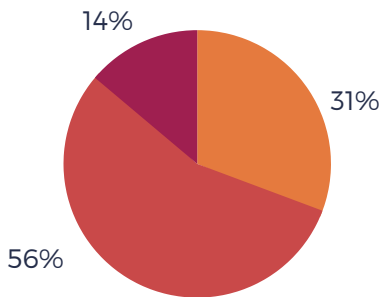
2023 PREDIABETES RISK TEST RESULTS

The Screening Workgroup has been working towards increasing the number of people screened for prediabetes by using a Prediabetes Risk Test. This test has been made available to the community online through a QR code found on materials created by the Prediabetes Workgroup such as parking lot signs, traveling exhibits, sugar displays, health posters, and others. The test is also provided as a hardcopy at community events. The following data was collected from the Prediabetes Risk Tests submitted between January 1st, 2023 and March 31st, 2023.

688

Tests Submitted

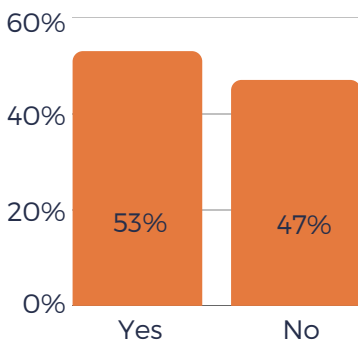
PARTICIPANTS AT RISK



■ Not at Risk ■ High Risk ■ PD/Diabetic

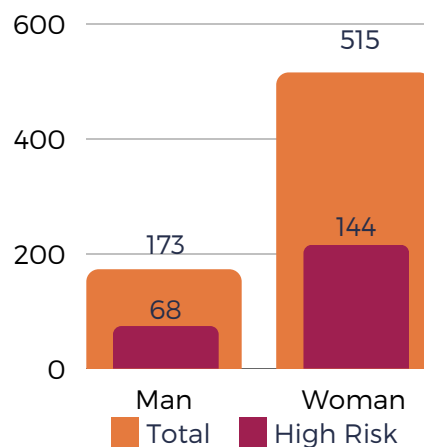
Prediabetes Risk Test results indicate that 56% of participants are not at risk for prediabetes, 31% participants are at high risk, and 14% have already been diagnosed with prediabetes or diabetes within the last 12 months. .

DIABETIC FAMILY MEMBERS



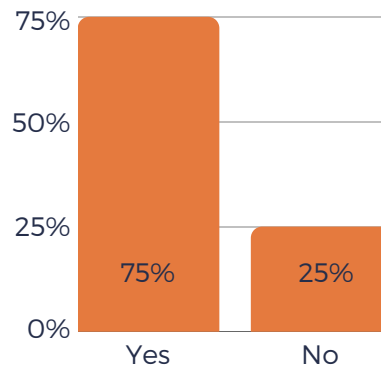
There's a link between family history and type 2 diabetes, but not only because family members are related. Sometimes they share certain habits that can increase their risk. 53% of participants reported having a family member with diabetes.

RISK WITHIN GENDER



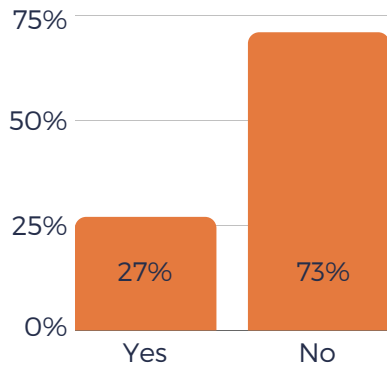
The gap between the total participants and total participants at high risk for prediabetes is smaller for men compared to that of the women- indicating higher risk for prediabetes for men.

PHYSICAL ACTIVITY



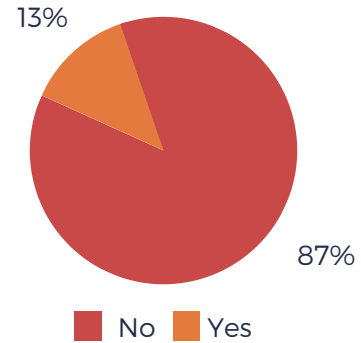
Being inactive is a known risk factor for type 2 diabetes. One reason is that your body can't use insulin as well when you don't get regular physical activity. Insulin helps keep blood sugar levels from getting too high. 25% of participants reported that they were not physically active.

HIGH BLOOD PRESSURE



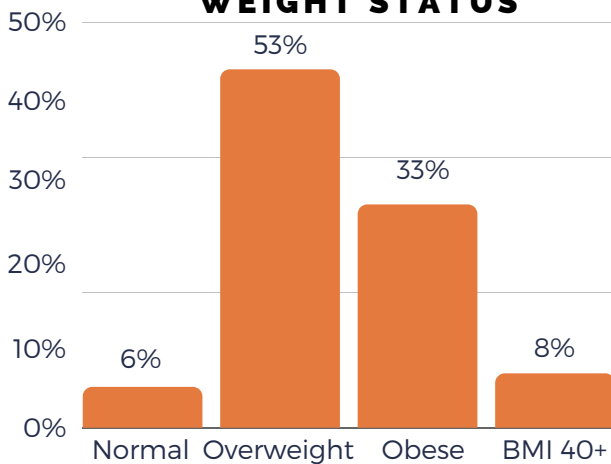
High blood pressure raises your risk for type 2 diabetes. It can also increase your risk for heart disease, eye problems, and kidney disease or make them worse. 27% of participants reported being diagnosed with high blood pressure.

WOMEN WITH GESTATIONAL DIABETES



Gestational diabetes (diabetes while pregnant) goes away after the baby is born, but increases a woman's risk of developing type 2 diabetes later in life. 13% of the participating women reported being diagnosed with gestational diabetes while pregnant.

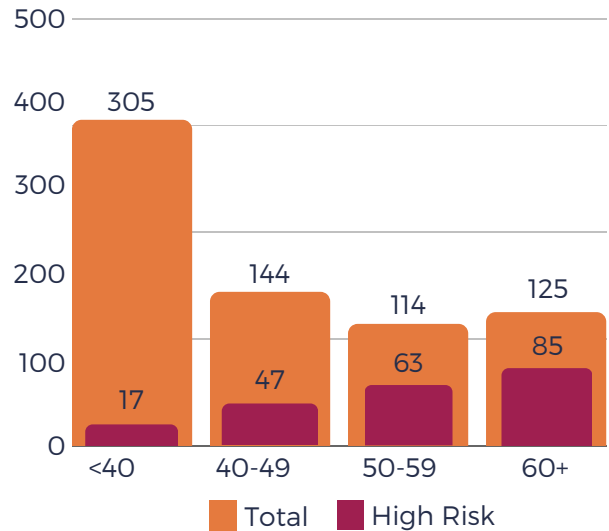
WEIGHT STATUS



Weight Status	BMI
Normal	18.5-24.9
Overweight	25-29.9
Obese	30 or greater

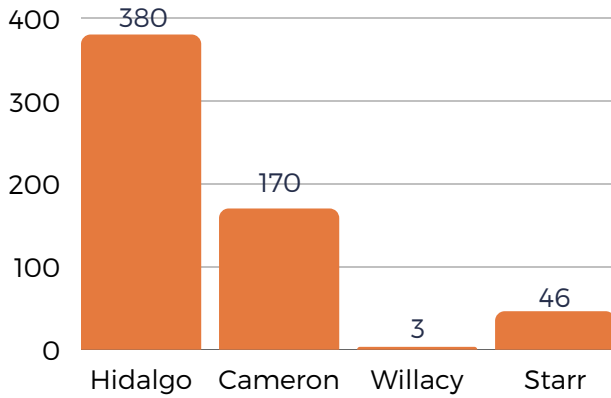
Body mass index (BMI) is a measure of height compared to weight. For example, a person who is 5'3" and weighs 120 pounds has a BMI of 21 and is in the normal range. 85% of the participants reported being overweight or obese.

RISK WITHIN AGE GROUPS



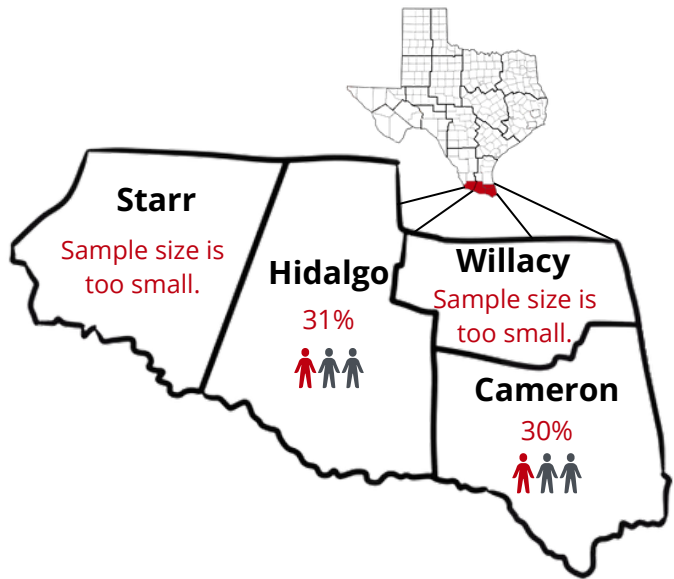
Risk starts to increase at around age 45 and increases sharply after age 65. The gap between the total participants and total participants at high risk for prediabetes gets smaller as you move towards the older age groups- indicating that the older you are, the higher your risk for type 2 diabetes.

TESTS SUBMITTED BY COUNTY



599 of 688 total participants submitted a zip code. The zip codes received indicated that the majority of the participants were from Hidalgo county,

HIGH RISK SCORES BY COUNTY



Data shows that nearly 1 in every 3 participants scored a 5 or higher in their Prediabetes Risk Test meaning that they are at high risk for prediabetes.

About the Prediabetes Risk Test

The self-assessment test is composed of 7 questions relating to only health traits that people would know about themselves such as age, height, and weight, but not blood sugar or cholesterol levels. Each question assigns 0-3 points depending on the response and at the end all points should be added. A person with a high score on the risk test (five points or more) is at significant risk for having prediabetes.

However, only a blood test can determine an official diagnosis.