

Summary of recent report from the Pan American Health Organization

The overall prevalence of diabetes on the US of the border is 15.6% and 14.0% on the Mexico side of the border.

The diabetes prevalence among men 18 to 44 is 7.5% on the US side; 16.4% in men 45 to 64, and 24.4% in men over 65.

The diabetes prevalence among women 18 to 44 on the US side is 3.5%, in women 45-64 32.7%, and in women over 65 48.7%.

On the US side, 11.6% of the population lives with diabetes but is unaware of it. On the Mexico side, 40.2% of the population lives with diabetes and is unaware of it. In Texas, 14.8% of the population lives with diabetes and is unaware of it.

11.8% of individuals on the US side and 13.5% on the Mexico side are pre-diabetic.

6.1% of women have diabetes during pregnancy in the USA.

22.4% of Americans are overweight (BMI 25-29) and diabetic while 39.5% are overweight and do not have diabetes.

59.9% of obese Americans (BMI >30) have diabetes while 30.4% are obese but do not have diabetes.

In Texas, 24.1% are overweight and 60.6% are obese.

35.8% of individuals with hypertension have diabetes.

51.1% of individuals with diabetes engage in regular physical activity. These individuals average about 3.9 days of physical activity per week. Each physical activity session averages about 63.5 minutes.

66.3% of individuals living with diabetes have heard or read about diabetes prevention. 55.6% of individuals without diabetes have heard or read about diabetes prevention. 4.5% of individuals with diabetes have heard of exercise as a preventive health practice. 26.2% of individuals with diabetes have heard of nutrition as a preventive health practice. 2.9% of individuals with diabetes have heard of medications as a preventive health practice. 25.5% have heard of all three methods outlined above as preventive health practices.

88.8% of individuals living with diabetes in the USA received health care services within the last 12 months. *The report does not state the extent of the service.*

61.6% of individuals with diabetes perform self-examination of blood glucose. *The report does not address how often.*

44.7% of individuals with diabetes received foot exam in the last 12 months. *It is recommended that individuals with diabetes receive annual foot exams.*

47.9% of individuals with diabetes received an eye exam within the past 12 months. *It is recommended that individuals with diabetes receive annual eye exams.*

45.6% of individuals with diabetes are on oral medication while 33.6% are on insulin. *That paradigm may shift in the upcoming months as the ADA is recommending earlier use of insulin.*

79.9% of individuals with diabetes have health insurance while 72.3% of individuals without diabetes have health insurance. *These numbers seem very high for El Paso.*

In conclusion, 1.1 million people above the age of 18 on the US-Mexico border have type 2 diabetes.

256,223 individuals on the US-Mexico border do not know they have diabetes.

138,329 women have had diabetes during pregnancy.

836,296 individuals have pre-diabetes.

1.03 million people with diabetes are overweight or obese.

Among persons without diabetes, 4.3 million are overweight or obese.

Bear in mind that the report examined data collection from 2001. These numbers may have changed significantly in 5 or more years.