

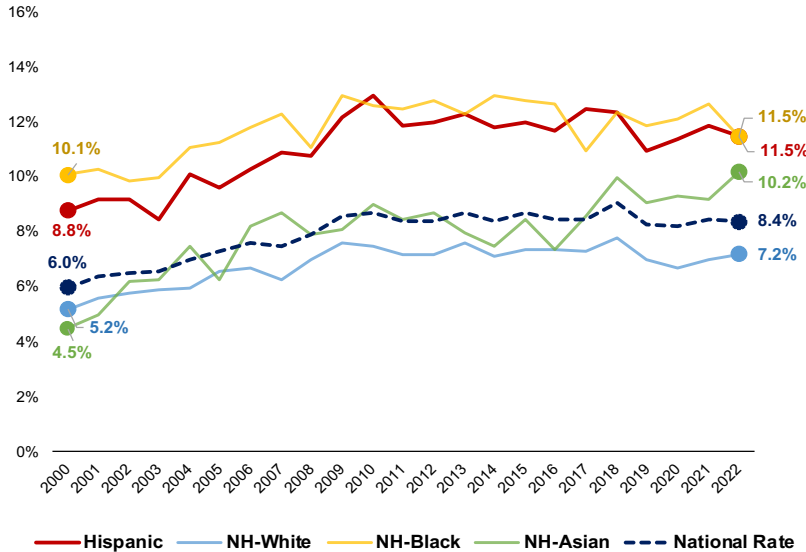
# HISPANIC EQUITY BRIEFS

## Diabetes among U.S. Hispanics: Trends and Inequities

Over the past decades, there has been an overall increase in diagnosed and undiagnosed diabetes among all groups in the U.S., primarily attributed to a sedentary lifestyle, unhealthy diets, aging of the population, rising rates of obesity, and genetic factors. While an estimated 5 million U.S. Hispanic adults had received a diabetes diagnosis, an additional 1.9 million were unaware of their diagnosis in 2021.<sup>1</sup> Overall, the prevalence of diabetes continues to be particularly high among Hispanic and Black adults 18 and over.<sup>1,2</sup>

### Prevalence of Diabetes among U.S. Adults by Race and Ethnicity, 2000-2022

Age-Adjusted Percentages  
(US Diabetes Surveillance System USDSS)



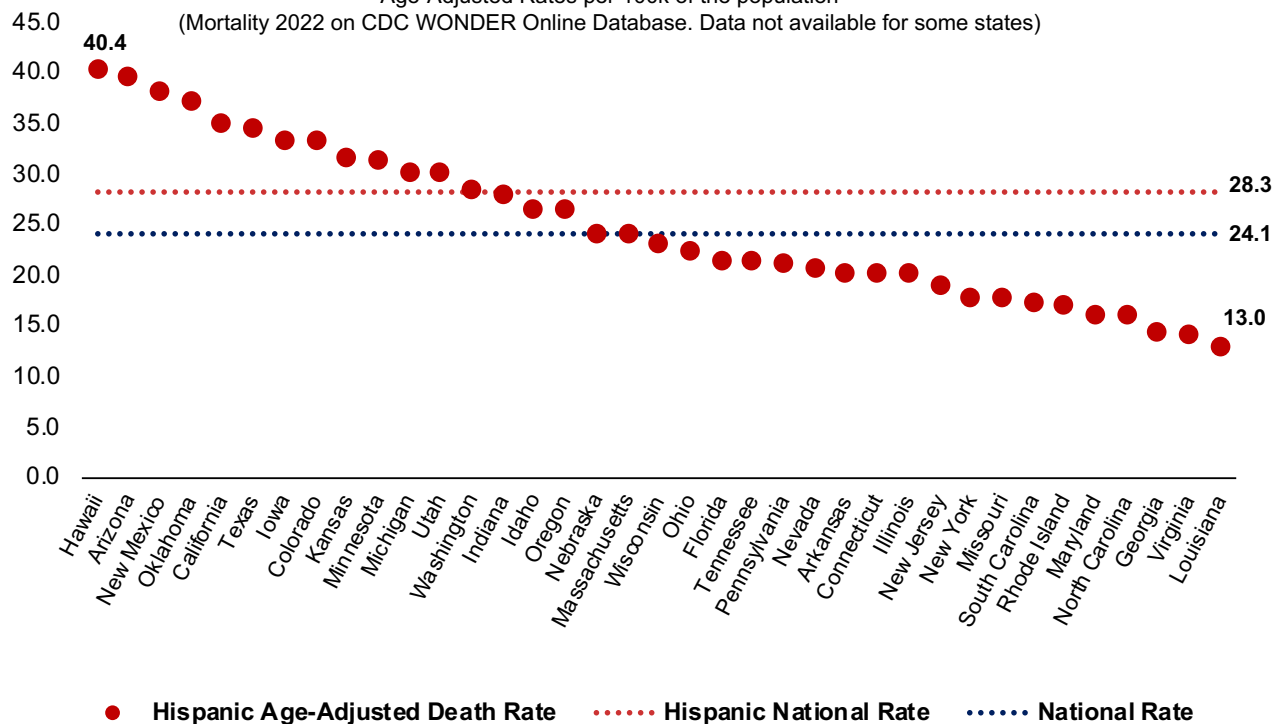
In 2022, more than one in 10 (11.5%) Hispanic adults 18 and older reported they had a diagnosed diabetes.<sup>2</sup>

Left untreated, diabetes causes severe damage to the kidney function and cardiovascular system. The diabetes-related death rate per 100K adults was higher for Hispanics than the national average (28.3 vs. 24.1), with significant variation across states.<sup>3</sup>

Economic instability, lack of access to care, low health literacy, genetic predisposition, and other social and structural factors contribute to racial/ethnic inequities in the onset, diagnosis, treatment, and mortality of diabetes.<sup>4</sup>

### Rates of Diabetes-Related Deaths among Hispanics by State, 2022

Age-Adjusted Rates per 100k of the population  
(Mortality 2022 on CDC WONDER Online Database. Data not available for some states)



● Hispanic Age-Adjusted Death Rate    ..... Hispanic National Rate    ..... National Rate



## Diabetes Incidence Rate among Hispanic Adults for States and Territories above the National Rate, 2021

Age-Adjusted Rates per 1000 of the population

23.4	Pennsylvania
21.5	Idaho
18.6	Minnesota
17.4	Colorado
14.9	Montana
14.7	Illinois
14.6	Hawaii
14.5	Ohio
13.9	Connecticut
13.7	Indiana
12.8	Rhode Island
12.7	Arizona
12.1	New Jersey
11.9	New York
11.8	Delaware
11.5	Texas
11.2	Oklahoma
10.8	Nebraska
10.3	Massachusetts
10.1	California
10.1	Oregon
10.1	Wisconsin
9.7	South Carolina
9.7	Washington
9.3	Utah
9.0	Virginia
8.6	Kansas
8.6	New Mexico
8.0	<b>Hispanic National Incidence Rate</b>
8.0	Puerto Rico
7.5	Maryland
7.4	Wyoming
6.3	District of Columbia
5.9	Nevada
5.8	<b>National Incidence Rate</b>

US Diabetes Surveillance System (USDSS)

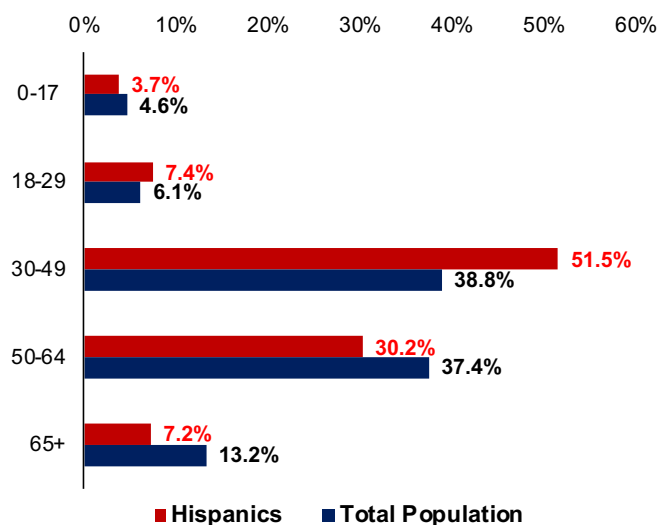
*There was not 2021 information for Florida, home to a large percentage of Hispanics, and six other states.*

## Diabetes diagnosis among Hispanics

In 2021, the national rate of new diabetes diagnoses among Hispanic adults in the U.S. was 9.0 per 1,000 people. However, the rates were higher than the national average in 32 states and Puerto Rico.<sup>2</sup> Furthermore, Hispanics are diagnosed at an earlier age than the total population.<sup>2</sup>

### Percentage of Age of Diagnosis among U.S. Adults with Diabetes, 2022

Crude Percentages  
(US Diabetes Surveillance System USDSS)

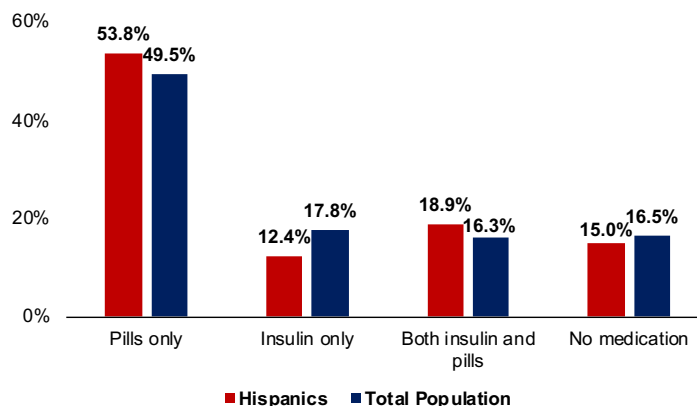


## Treatment

Of the estimated 4.5 million Hispanics with diagnosed diabetes in 2022, 15.0% were not taking any medication, e.g., pills, insulin, or both.<sup>2</sup>

### Medication Use Among U.S. Adults with Diabetes by Ethnicity, 2022

Age-Adjusted Percentages  
(US Diabetes Surveillance System USDSS)



## Diabetes Prevalence among Hispanic Adults for States and Territories above the National Rate, 2021

Age-Adjusted Percentages

22.4%	Arkansas
21.2%	Pennsylvania
21.1%	Wisconsin
17.3%	South Carolina
16.7%	Delaware
16.4%	Oregon
16.3%	California
16.2%	Alaska
16.2%	Idaho
15.7%	Ohio
15.6%	Indiana
15.5%	Oklahoma
15.3%	Kansas
15.3%	New Mexico
14.6%	Texas
14.4%	Puerto Rico
14.2%	Nebraska
14.1%	Nevada
14.0%	Washington
13.9%	New Jersey
13.8%	New York
13.7%	North Carolina
13.4%	Illinois
13.2%	Arizona
13.2%	Iowa
13.1%	Rhode Island
13.0%	Connecticut
12.8%	Massachusetts
12.7%	Wyoming
12.0%	Colorado
<b>11.9%</b>	<b>Hispanic National Prevalence</b>
11.5%	Virginia
11.1%	Hawaii
10.7%	Minnesota
10.4%	Georgia
10.4%	Utah
9.4%	Maryland
9.4%	Montana
8.7%	Michigan
8.7%	Missouri
<b>8.5%</b>	<b>National Prevalence</b>

US Diabetes Surveillance System (USDSS)

*There is no information for Florida, home to a large percentage of Hispanics, and 13 other states.*

## Percentage of Hispanics with diabetes

Hispanic prevalence was higher than the national Hispanic average in 29 states and Puerto Rico. However, Puerto Rico is not included in the national average calculation.

Diabetes prevalence also varies by Hispanic subgroups, with the highest rates among Puerto Ricans and Mexican/Mexican Americans and the lowest among South Americans.<sup>1</sup>

### Prevalence of Diabetes by Hispanic Subgroups in the U.S. 2019-2021

Crude Prevalence Percentages

Puerto Rican	13.3%
Mexican or Mexican American	11.1%
<b>Hispanic National Prevalence</b>	<b>10.3%</b>
Dominican	9.4%
Cuban	9.0%
Central American	7.3%
Other Hispanic, Latino, or Spanish	7.2%
South American	5.0%

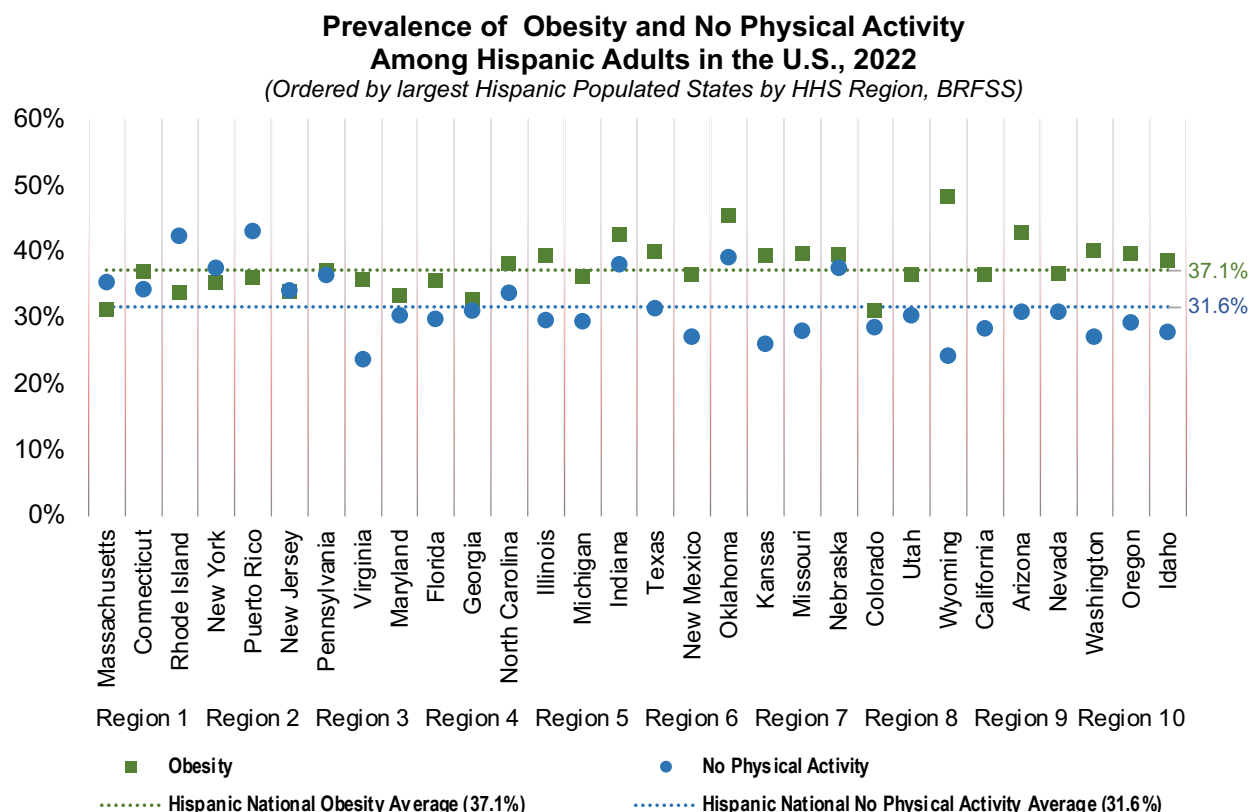
National Diabetes Statistics Report, CDC

## Prediabetes

Prediabetes is defined as having elevated blood sugar levels, though not high enough to be classified as Type 2 Diabetes mellitus (T2DM). This asymptomatic condition can progress to T2DM in 5% to 10% of cases per year, with a cumulative risk of over 70%, particularly for those who are overweight or obese.<sup>5,6</sup>

Lifestyle modifications, such as diet and exercise, can reduce the risk of progression. However, socioeconomic barriers to healthy foods, safe green spaces, and health insurance may hinder these lifestyle changes.

In 2021, it was estimated that 15 million Hispanic adults in the U.S (34.5%) had prediabetes. At the same time, only one in five (20.9%) of them were aware of their condition.<sup>1</sup>



Obesity significantly increases the risk of developing T2DM by contributing to insulin resistance and beta-cell dysfunction. Physical exercise, on the other hand, plays a preventive and therapeutic role by improving insulin sensitivity, aiding in weight management, and directly lowering blood glucose levels through increased muscle glucose uptake. However, over a third of Hispanic adults experience obesity and close to a third do not engage in regular physical activity.

### Recommendations:

Research is needed to improve diabetes prevention, treatment, and management. In particular, there is a need for a better understanding of the underlying biological mechanisms leading to Type 1 and Type 2 Diabetes Mellitus among Hispanics, biomarkers for early detection, personalized management tools to improve glucose control, and mechanisms leading to diabetes-related co-morbidities.

Recommendations to address disparities in diabetes prevalence and outcomes among Hispanics include funding culturally tailored prevention programs, lowering the cost of insulin and self-management tools, expanding access to diabetes preventive services for the uninsured or underinsured, increasing access to affordable care regardless of immigration status, enhancing national and state food and nutrition policies (e.g., school food policies, subsidies for healthy foods, SNAP), and integrating diabetes prevention and care into primary and specialty care.

Thanks to our coworkers and external partners who provided feedback.

For simplicity, we use the overarching term Hispanic to refer to diverse self-identifications within our communities, including those related to race/ethnicity, family origin, and gender expression (e.g., Hispanic, Latino, Cuban-American, or Latinx).

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