



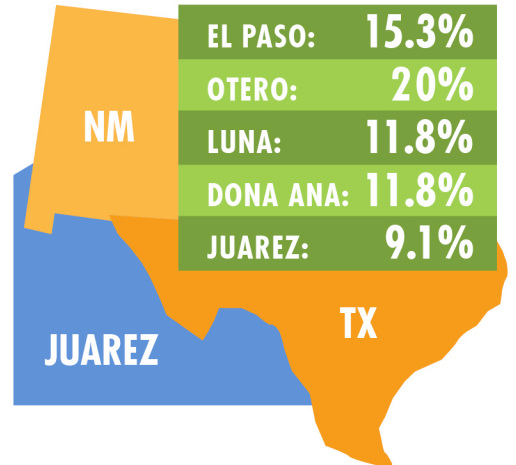
DIABETES

PREVENTION AND MANAGEMENT

STRATEGY BRIEF 2022 - 2025

Diabetes, the seventh leading cause of death in the US and fourth leading cause of death in Mexico, causes serious health problems, such as heart disease, vision loss, and kidney disease. Residents of El Paso County experience diabetes prevalence rates higher than Texas overall (15.3% and 12.6% respectively). Adults with diabetes in southern New Mexico range from 10.4% in Otero County to 20% in Luna County with 11.8% in Dona Ana County. Data from Mexico, specifically Juarez, indicate 9.1% of adults have diabetes. In 2020 diabetes caused 1,524 deaths in Juarez, making it the 4th leading cause of death after COVID, pneumonia/influenza, and heart disease. Diabetes is most common among those aged 65 and older (37%). When adjusted for age, males experience a higher mortality rate due to diabetes (38%) compared to females (28%). In addition, PHIX reports that 30% of HbA1C tests in El Paso during 2021-22 were in the pre-diabetes group; an estimated 38% of all US adults have prediabetes with men (37.4%) experiencing more than women (29.2%).

REGIONAL DIABETES PREVALENCE



The Paso del Norte Health Foundation's Board of Directors approved the following strategies to address **diabetes** for 2022-2025

APPROACHES

STRATEGIES

DIABETES ALLIANCE

- Build coalition membership
- Support interagency coordination for enhanced programming
- Collaborate for planning and implementing diabetes programs
- Investigate policy advocacy opportunities

PUBLIC AWARENESS

- Continue the Now What? campaign for the recently diagnosed
- Launch a Signs and Symptoms campaign

DIABETES EDUCATION AND AWARENESS

- Expand and market diabetes self-management education
- Offer diabetes prevention programming
- Conduct cost analysis for education programming then conduct business planning
- Pursue opportunities for diabetes camps
- Develop and deliver basic diabetes awareness interventions

CAPACITY AND SYSTEMS IMPROVEMENT

- Offer professional development and training
- Support integration of diabetes training and applied research into academic programs
- Expand diabetes medical navigation and referral tools
- Coordinate data for decision making and planning

