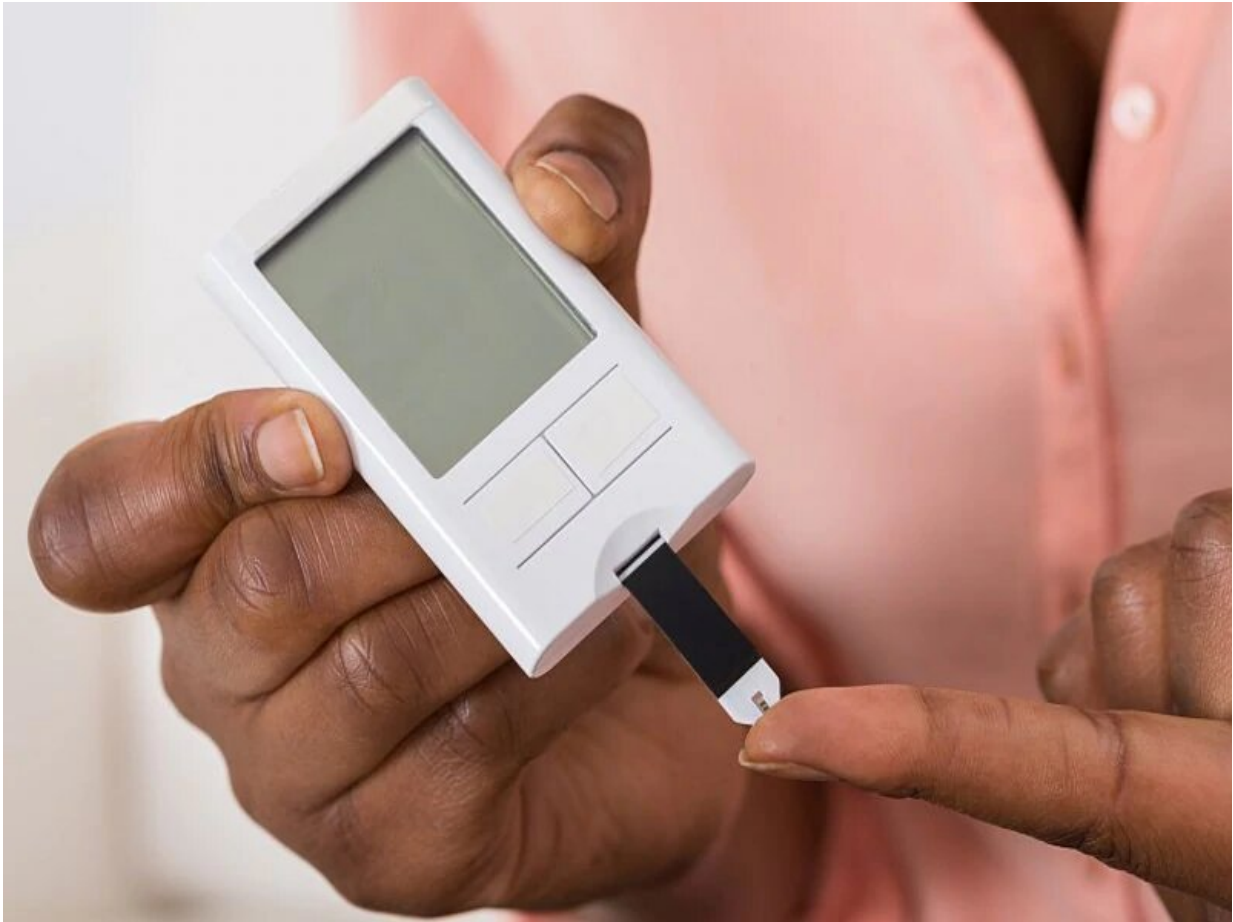


Diabetes prevalence varies by race, ethnicity

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(HealthDay)—The prevalence of diabetes and undiagnosed diabetes varies by race/ethnicity and among subgroups within the adult Hispanic and non-Hispanic Asian populations, according to a study published in

the Dec. 24/31 issue of the *Journal of the American Medical Association*.

Yiling J. Cheng, M.D., Ph.D., from the U.S. Centers for Disease Control and Prevention in Atlanta, and colleagues used data from the National Health and Nutrition Examination Surveys (2011 to 2016) to estimate differences in the prevalence of diabetes among 7,575 U.S. adults (mean age, 47.5 years; 52 percent women) by major race/ethnicity groups.

The researchers found that a total of 2,266 individuals had diagnosed diabetes, yielding a weighted age- and sex-adjusted prevalence of total diabetes of 12.1 percent for non-Hispanic white, 20.4 percent for non-Hispanic black, 22.1 percent for Hispanic, and 19.1 percent for non-Hispanic Asian adults. The prevalence of total diabetes among Hispanic adults was 24.6 percent for Mexican, 21.7 percent for Puerto Rican, 20.5 percent for Cuban/Dominican, 19.3 percent for Central American, and 12.3 percent for South American subgroups. The prevalence of total diabetes among non-Hispanic Asian adults was 14 percent for East Asian, 23.3 percent for South Asian, and 22.4 percent for Southeast Asian subgroups. For non-Hispanic white adults, the prevalence of [undiagnosed diabetes](#) was 3.9 percent versus 5.2 percent for non-Hispanic black, 7.5 percent for Hispanic, and 7.5 percent for non-Hispanic Asian adults.

"These data also provide insights that allow us to reach groups at higher risk and provide opportunities to strengthen diabetes detection and type 2 [diabetes](#) prevention and care in these groups," Ann Albright, Ph.D., director of the CDC Division of Diabetes Translation, said in a statement.

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