

# Diabetes Prevention & Control



# Presenter:

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- Health Educator with the City of SA since 2000
- Diabetes Facilitator, Curriculum Trainer and program supervisor since 2016.
- My passion is chronic disease prevention and helping to improve the lives of community members.



**Sandra Hermosa**

# Diabetes 101 Outline

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- Section I: Risk Test
- Section II: Diabetes Prevalence: National and Local
- Section III: Understanding Diabetes
  - Types of Diabetes
  - Risk Factors
  - Self-Management
- Section IV: San Antonio Metropolitan Health District Diabetes Prevention & Control Program: Impact and Efforts



# Risk Test (count your fingers)

1. Are you a man? (1 point)
2. Family history of diabetes? (+1 point)
3. High blood pressure? (+1 point)
4. Inactive? (+1 point)
5. Are over age
  - 60? (+3 points)
  - 50? (+2 points)
  - 40? (+1 point)
6. Are you overweight?
  - Very (+3 points)
  - Moderately (+2 points)
  - Somewhat (+1 point)
  - **Now, is your score 5 or more?**
  - **Then you may be at risk for prediabetes but it can often be reversed so talk to your doctor.**

**ARE YOU AT RISK FOR TYPE 2 DIABETES?** American Diabetes Association.

### Diabetes Risk Test

**1 How old are you?** Write your score in the box.

Less than 40 years (2 points)  
 40–49 years (1 point)  
 50–59 years (2 points)  
 60 years or older (3 points)

**2 Are you a man or a woman?**

Man (1 point) Woman (2 points)

**3 If you are a woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point) No (2 points)

**4 Do you have a mother, father, sister, or brother with diabetes?**

Yes (1 point) No (2 points)

**5 Have you ever been diagnosed with high blood pressure?**

Yes (1 point) No (2 points)

**6 Are you physically active?**

Yes (2 points) No (1 point)

**7 What is your weight status?** (See chart at right)

**Add up your score.**

Height	Weight (lbs.)	Weight (lbs.)	Weight (lbs.)
4' 10"	119-142	143-160	161+
4' 11"	124-147	148-157	158+
5' 0"	128-152	153-209	204+
5' 1"	133-157	158-210	211+
5' 2"	136-162	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-238	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	202-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (2 points)

Adapted from Wang et al., Ann Intern Med 2011;155:268,269. Original algorithm was validated without gestational diabetes as part of the model.

**Lower Your Risk**

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

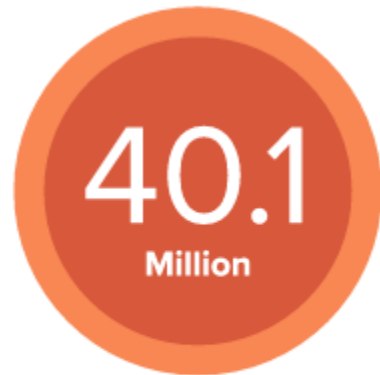
Visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

For more information, visit us at [diabetes.org](http://diabetes.org) or call 1-800-DIABETES (1-800-342-2383)

Visit us on Facebook: [Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

# Diabetes Prevalence: National

About 1 in 8 U.S. residents has diabetes.



40.1 million people have diabetes

## DIABETES



That's about **1 in every 8** people



More than **1 in 4** adults with diabetes **don't know they have it**

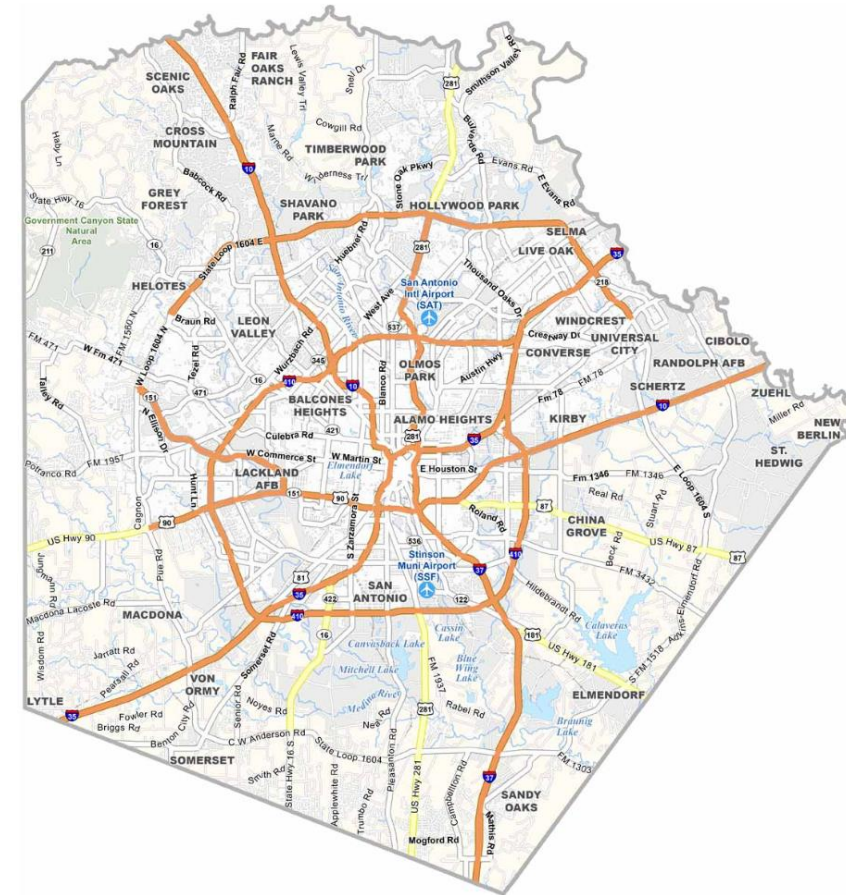
# Diabetes Prevalence: Local

**16.7% of Bexar County  
Adults Reported as  
having Diabetes**

Which is just under 1 in 5



Bexar County Map, Texas



# Types of Diabetes

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## Type 1 Diabetes

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- Autoimmune disease where the immune system attacks insulin producing cells in the pancreas for unknown reasons
- Usually diagnosed in children and young adults, but can develop at any age



## Type 2 Diabetes

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- Body doesn't use insulin well
- Most common form



## Gestational Diabetes

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- Develops in pregnant woman
- Requires working closely with care team to manage both pregnancy and diabetes
- May go away, but increases risk for type 2 for mom and baby later in life

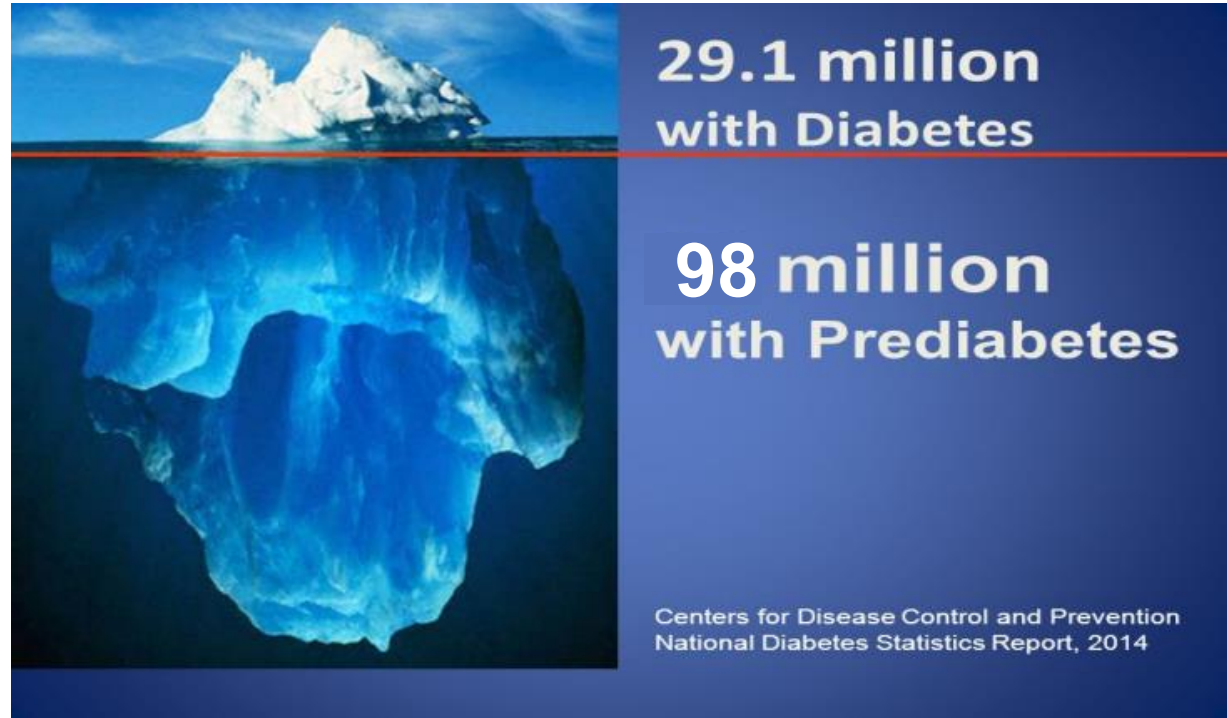
# Prediabetes

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## Prediabetes

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- Blood sugar levels higher than normal
- Nearly 98 million adults with prediabetes
- More than 1 in 3 adults in the U.S.



# Diabetes Symptoms



Increased thirst  
and urination



Increased  
hunger



Blurred  
vision



Sores that  
don't heal



Unexplained  
weight loss



Increased  
fatigue

# Risk Factors: Medical Drivers of Health



- Age
- Family History
- Race & Ethnicity (Hispanic, African American, Native American, Asian & Pacific Islander)
- Overweight
- Lack of Physical Activity
- Smoking
- Prediabetes
- High Blood Pressure
- High Triglycerides
- Low HDL/"healthy" cholesterol
- PCOS (polycystic ovarian syndrome)
- Previous Gestational Diabetes

} *Modifiable*

# Five Areas that Affect Blood Sugar

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- Food – *Healthy Eating*
- Physical Activity – *Physical Health*
- Stress and/or difficult emotions – *Mental Health*
- Diabetes Medications
- Alcohol



# Section IV

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- Section I: Risk Test
- Section II: Diabetes Prevalence: National and Local
- Section III: Understanding Diabetes
  - What is Diabetes?
  - Risk Factors
  - Self-Management
- **Section IV: San Antonio Metro Health Diabetes Prevention & Control Program: Impact and Efforts**



# Diabetes Prevention & Control Program



**METRO HEALTH**



# Program Efforts

## High Value at NO COST, free workshops

**156** Workshops Provided  
in Target Districts



The Diabetes Program targets districts 1-7 which have the highest rates of diabetes risk and hospitalizations within the City of San Antonio.

Fiscal Year	FY23	FY24	FY25
Workshops Provided	50	55	51

**1,418** FY23-FY25 Program  
Completers



211 workshops scheduled, 184 workshops delivered & 1,786 participants enrolled

# Diabetes Prevention & Control Programs

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## Diabetes Prevention Workshop – Prevent 12

### ***WHAT YOU WILL LEARN...***

Participants learn about healthier eating and increasing physical activity in a small group setting.

### ***WHO CAN PARTICIPATE...***

Adults, 18yrs and older, who are 'At Risk' for developing diabetes: overweight (BMI>25); diagnosed with prediabetes.

### ***HOW LONG ARE THE WORKSHOPS...***

A year long program; 16 weekly sessions for 1 hour, followed by bi-weekly & monthly maintenance sessions.

### ***WHERE ARE THE WORKSHOPS HELD...***

In-person in English & in Spanish.



# Participant Testimonial

*“My mom had diabetes, and I saw firsthand how it affected her, not only physically, but mentally as well. When I heard about this program, I joined right away. Being part of the prediabetes program has truly opened my eyes. Before starting, I didn't fully understand how serious prediabetes is or that without making changes, it can lead to type 2 diabetes.*

*One of the biggest lessons I've learned is how much our daily habits matter. Small changes like eating balanced meals, watching portion sizes, choosing more vegetables and whole foods, drinking more water, and moving our bodies regularly can make a big difference. It's not about being perfect it's about being consistent.*

*I've also learned how important it is to read food labels and be mindful of hidden sugars and carbohydrates. Exercise doesn't have to be extreme. Even just walking daily helps your overall health.*

*Most importantly, I've learned that preventing diabetes is possible. This program has given me tools, knowledge, and motivation to take control of my health not just for me, but for my family. I want to be healthy, active, and present for my children and loved ones.*

*This journey has taught me that change starts with awareness!”*



**Gloria Zuniga**  
**'25-'26 Prevent T2**  
**Participant**  
10 year COSA employee  
Solid Waste Management Department  
Fiscal Division

# Diabetes Prevention & Control Programs

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## Diabetes Empowerment Education (DEEP) – Self-Management

### ***WHAT YOU WILL LEARN...***

Participants will learn skills to safely manage the symptoms of diabetes.

### ***WHO CAN PARTICIPATE...***

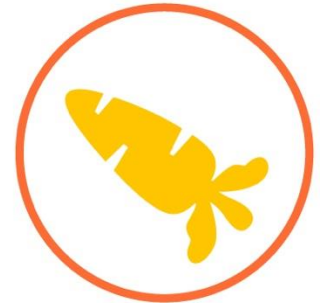
Adults living with type 2 diabetes.

### ***HOW LONG ARE THE WORKSHOPS...***

8-week program - meets once a week for 2 hours each time.

### ***WHERE ARE THE WORKSHOPS HELD...***

Both virtually and in-person in English & in Spanish.



# Participant Testimonials

*“...taking an 8-week course is really a more fuller course. It’s more in depth. Learning about diabetes is more about a mind and body experience. It’s not just ‘you’re diabetic, don’t eat this, don’t eat that.’ With this course you’re going into detail. I appreciate the facilitators time and effort because it’s more thorough. We’ve had people come speak to us, but this goes into more detail such as speaking about blood pressure, the affects of the pancreas, the liver, the heart. How the whole body is affected by diabetes.”*

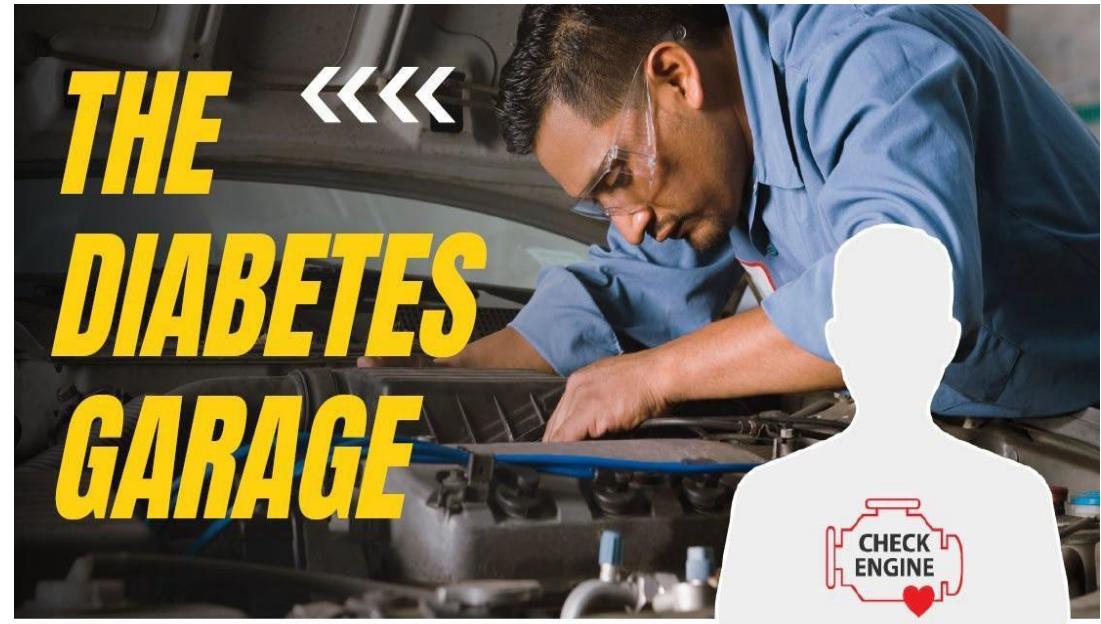
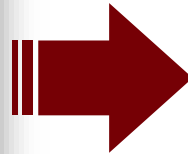
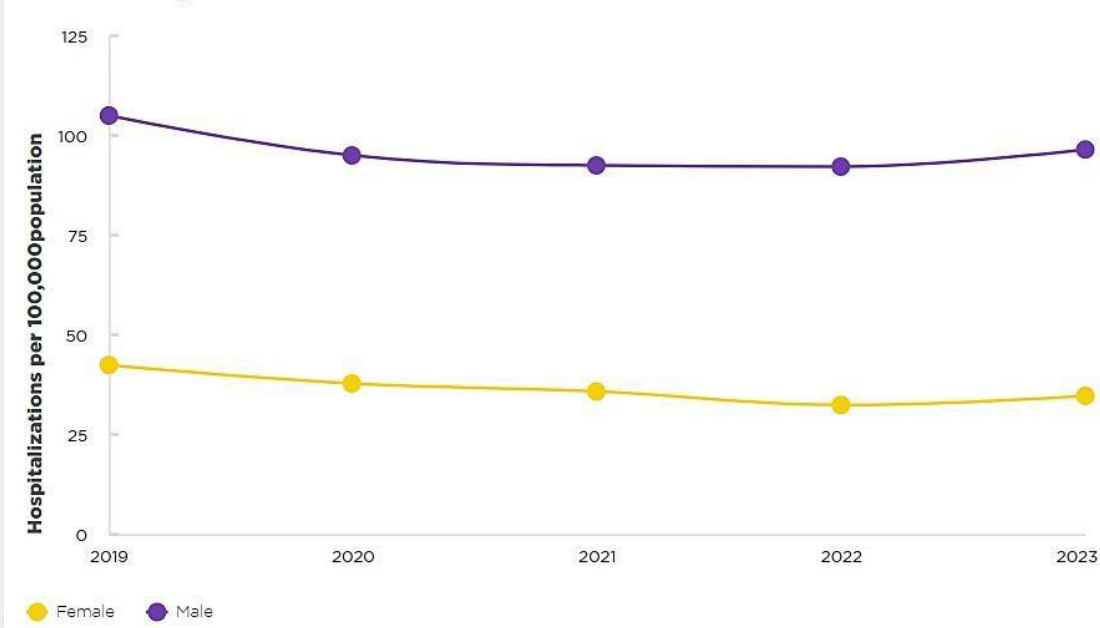
**Teresa Valdez**  
**2026 DEEP Participant**  
Member of the Hidden Heart Initiative  
Villa Coronado Resource Center



# Diabetes Prevention & Control Programs

## Diabetes Garage Workshop for Men

Inpatient Hospitalization Rate for Diabetic Amputations - by Sex, in Bexar County



# Diabetes Prevention & Control Programs

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## Diabetes Garage Workshop for Men

### ***WHAT YOU WILL LEARN...***

Male participants will learn skills to safely manage the symptoms of diabetes. Much like taking care of their car, they learn how to take care of their body.

### ***WHO CAN PARTICIPATE...***

Adults living with type 2 diabetes.

### ***HOW LONG ARE THE WORKSHOPS...***

4-week program - meets once a week for 2 hours each time.

### ***WHERE ARE THE WORKSHOPS HELD...***

Both virtually and in-person in English & in Spanish.

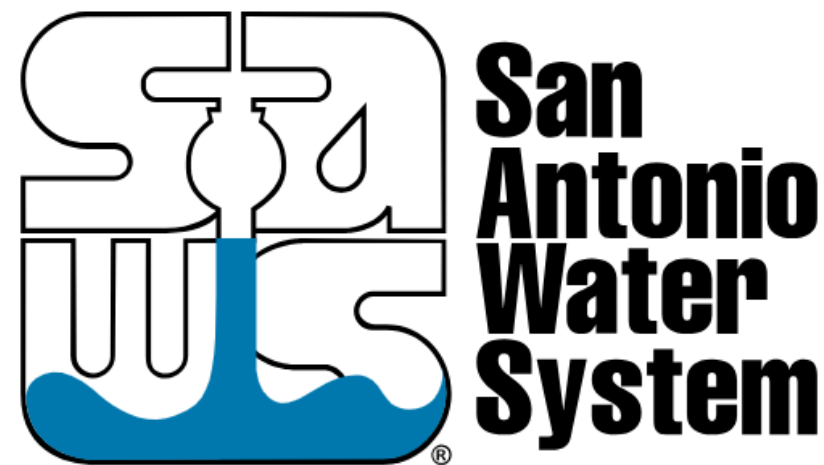


# Participant Testimonials

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*“The Diabetes Garage has given me a much clearer understanding of what diabetes actually is and what’s happening inside my body. Hearing other men share their stories—what’s worked for them, what they struggle with—has been incredibly helpful. It’s reassuring to know I’m not alone, and it’s motivated me to take better control of my own health. I’d definitely encourage any guy who’s on the fence to give it a try.”*

**Wesley Hubbard**  
**2026 Diabetes Garage Participant**  
San Antonio Water Systems



**Questions?**



**THANK YOU!**

**Sandra Hermosa, LMSW**

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