

# Diabetes and Hispanic/Latino Americans

---

 [minorityhealth.hhs.gov/diabetes-and-hispaniclatino-americans](https://minorityhealth.hhs.gov/diabetes-and-hispaniclatino-americans)

Diabetes is a long-term condition that affects how your body uses food for energy. When you eat, your body turns much of that food into sugar (glucose), which enters your blood. This increase in blood sugar causes an internal organ called the pancreas to release insulin, a hormone that helps move sugar from your blood into your cells so your body can use it for energy.

If you have diabetes, your body does not make enough insulin or cannot use it properly. This causes too much sugar to stay in your blood. Over time, high blood sugar can lead to serious health problems, such as heart disease, vision loss, and kidney disease. The three main types of diabetes are type 1, type 2, and gestational diabetes, which happens during pregnancy. Keeping a healthy weight, eating healthy foods, and staying physically active can help prevent and manage diabetes and may improve symptoms of type 2 diabetes.

In 2024, Hispanic/Latino adults were **13% more likely** than U.S. adults overall to have diabetes.

In 2022, Hispanic/Latino Americans died from diabetes **17% more often** than the U.S. population overall.

In 2021, Hispanic/Latino adults were **81% more likely** than U.S. adults overall to develop kidney failure caused by diabetes.

In 2023, Hispanic/Latino adults with diabetes were **4% less likely** than U.S. adults with diabetes to get a yearly eye exam.

## Occurrence

---

### Adults ages 18 and over with diagnosed diabetes, percentage, 2024

Hispanic	Total Population	Ratio (Hispanic / Total)
11.3	10.0	1.13

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2025). *Interactive summary health statistics for adults: Percentage of diagnosed diabetes for adults aged 18 and over, United States, 2024*. U.S. Department of Health and Human Services.

## Mortality

---

### Diabetes mortality, age-adjusted rate per 100,000 population, 2022

	Hispanic	Total Population	Ratio (Hispanic / Total)
Male	34.7	30.5	1.14
Female	22.9	18.8	1.22
Both Sexes	28.3	24.1	1.17

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2025). *Deaths: Final data for 2022* (National Vital Statistics Report, Vol. 74, No. 4, Table 11). U.S. Department of Health and Human Services.

## Complications

---

### Visual impairment among adults ages 18 and over with diabetes, age-adjusted percentage, 2023

Hispanic	Total Population	Ratio (Hispanic / Total)
28.3	28.9	0.98

Source: U.S. Centers for Disease Control and Prevention. (2025). *Visual impairment - National diabetes surveillance system*. U.S. Department of Health and Human Services.

### Hospitalization for lower extremity amputation among adults ages 18 and over, rate per 1,000 population, 2021

Hispanic	Total Population	Ratio (Hispanic / Total)
5.2	6.2	0.84

Source: U.S. Centers for Disease Control and Prevention. (2025). *Hospitalization for lower extremity amputation surveillance – United States diabetes surveillance system*. U.S. Department of Health and Human Services.

**Incidence of end stage renal disease (ESRD) due to diabetes, age-adjusted rate per million population, 2021**

<b>Hispanic</b>	<b>Total Population</b>	<b>Hispanic / Total Population Ratio</b>
274.1	151.5	1.81

Source: U.S. Centers for Disease Control and Prevention. (2025). *Diabetes-related ESRD incidence surveillance – United States diabetes surveillance system*. U.S. Department of Health and Human Services.

## **Health Care Use**

---

**Adults ages 18 and over with diagnosed diabetes who received an annual eye examination in the calendar year, percentage, 2023**

<b>Hispanic</b>	<b>Total Population</b>	<b>Ratio (Hispanic / Total)</b>
63.1	66.0	0.96

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2025). *National Health Interview Survey, Healthy People 2030: Annual eye examinations among adults with diagnosed diabetes by race/ethnicity, 2019–2023*. U.S. Department of Health and Human Services.

**Date Last Reviewed: January 2026**