Texas Risk Assessment for Type 2 Diabetes in Children

A Report to the Governor and the 82nd Legislature of the State of Texas

The University of Texas-Pan American
Border Health Office
The University of Texas-Pan American Border Health Office

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ACKNOWLEDGMENTS

The University of Texas-Pan-American Border Health Office (BHO) would like to extend a warm and grateful thank you to everyone who supports the Texas Risk Assessment for Type 2 Diabetes in Children program. This important program would not be possible if not for their support and commitment.

As this program nears its 13th year in existence, we have not come across a more dedicated and committed group of professionals as school nurses. If there is any one common characteristic among this group is that they truly do care about the children in their communities.

The University of Texas-Pan American Border Health Office appreciates the continued support of State Senator Eddie Lucio Jr., D-District 27 and his staff. Without Senator Lucio’s support, this program would end and so would risk assessments for over 1.2 million children throughout the State of Texas. We thank him for his commitment to reduce the burden of type 2 diabetes in children throughout this state.

The Texas Risk Assessment for Type 2 Diabetes in Children program is housed and supported by The University of Texas-Pan American. We would like to thank President Dr. Robert Nelsen for supporting the program through difficult economic times. We would also like to thank Dr. Cynthia J. Brown, Vice-Provost for Graduate Programs and Academic Centers, for her advocacy and mentorship.

The UTPA Border Health Office also appreciates the support and guidance of the Texas Risk Assessment for Type 2 Diabetes Advisory Committee. Their experience, ideas and recommendations have made a positive way forward for the program. Committee members include:

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Finally, we would like to thank the UTPA Border Health Office staff for believing in what they do.
MESSAGE FROM THE EXECUTIVE DIRECTOR

The Texas Risk Assessment for Type 2 Diabetes in Children program assessed over 1.2 million public and private school children for their risk of type 2 diabetes in 2009-2010. Assessments took place in 4,459 schools in 517 school districts from 11 of the Texas Education Agency Service Center Regions. This program’s large-scale and coordinated approach has given the state of Texas the best opportunity to reduce the burden of diabetes in the future and is a vanguard in the fight against type 2 diabetes in children.

Type 2 diabetes can be in many respects, a social epidemic – a disease that can come about as a result of one’s life conditions. These life conditions have brought about lifestyle choices that have contributed dramatically to the rise of type 2 diabetes - and it is seriously affecting children throughout Texas. Children who develop type 2 diabetes may have an earlier risk for complications of the disease as adults. Diabetes can seriously impact a person’s quality of life - whether it makes them lose a limb, a kidney, their sight, or suffer a heart attack. Public health efforts have concentrated on promoting healthy lifestyles for children, particularly in school settings, and prevention strategies that identify those with pre-diabetes or those who have a high risk to develop the disease. One bold strategy is the Texas Risk Assessment for Type 2 Diabetes in Children program.

For nearly 13 years, the Texas Risk Assessment for Type 2 Diabetes in Children has been helping identify children who may be at-risk to develop type 2 diabetes and help parents understand what the risk factors suggest to prevent or delay future health problems. The program has also played a role in supporting coordinated school health education programs and public health policy for the prevention of diabetes. A unique and important feature of the Texas Risk Assessment for Type 2 Diabetes in Children program allows school administrators to readily access risk assessment results in real time. This helps administrators know firsthand how many children were identified as at-risk for type 2 diabetes in their schools. The risk assessment results have helped schools initiate systems changes, assist with other school health initiatives, and improve the school health environment.

Of course, the most important aspect of the program is to help those children who are identified as at-risk to follow their assessment with a health care professional. Research shows that the origins of type 2 diabetes are firmly rooted in childhood and experts agree that the best chance to reduce the burden of diabetes is to identify those with pre-diabetes to prevent its onset. It is important then for children with these risk factors to be evaluated by a health care professional. During the 2009-2010 school year, a record 11,708 children followed up their risk assessment with a health professional. Beyond the numbers and figures of the Texas Risk Assessment for Type 2 Diabetes in Children program is the most significant contribution that the program can make - a change in a child’s life. Winning the fight against diabetes can begin with a conversation, in these particular cases, a conversation with parents about their child’s risk assessment. This contact between child, parent, and physician is a significant first step to reduce the burden of diabetes in the state of Texas. This optimism is the driving force behind the Texas Risk Assessment for Type 2 Diabetes in Children program.

The Texas Risk Factor Assessment for Type 2 Diabetes in Children program continues to support the Texas Diabetes Council’s state plan for diabetes prevention and control. Risk assessment activities and information is made available to assist with this priority.

Risk assessment information for Texas Education Service Center Regions 1, 2, 3, 4, 10, 11, 13, 15, 18, 19, and 20 for the 2009-2010 school year is included in this report.

Proudly serving the state of Texas,

Doreen D. Garza, MPH
Executive Director
The University of Texas-Pan American Border Health Office
Texas Risk Assessment for Type 2 Diabetes in Children

The Texas Risk Assessment for Type 2 Diabetes in Children (TRAT2DC) is a state mandated program developed, coordinated, and administrated by The University of Texas Pan-American Border Health Office. This program helps assess children who may be at high risk to develop type 2 diabetes. This assessment is conducted by certified individuals in public and private schools during vision/hearing and scoliosis screenings.

During these vision/hearing and scoliosis screenings, children are assessed for the acanthosis nigricans marker—a skin marker that signals high insulin levels. Children who are identified with the marker are also assessed to determine body mass index (BMI) and blood pressure.

Risk assessments are issued to the parents of these children, alerting parents of the child’s risk factors and encouraging further evaluation from a health professional. The risk assessments appear to be effective in getting at-risk children to seek appropriate follow-up evaluation/testing from a health care provider to prevent or delay future health problems.

The program assesses children who may be at-risk to develop type 2 diabetes in Texas Education Agency Education Service Center Regions 1, 2, 3, 4, 10, 11, 13, 15, 18, 19, and 20.

A total of 517 school districts participated in the Texas Risk Assessment for Type 2 Diabetes in Children program. (2009-2010 TRAT2DC Risk Assessment Results)

A total of 4459 schools participated
- 398 high schools
- 826 junior high schools and middle schools
- 2810 elementary schools
- 425 other campuses

Total Number of Students Assessed

<table>
<thead>
<tr>
<th>Region</th>
<th>Total Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region 1</td>
<td>148,594</td>
</tr>
<tr>
<td>Region 2</td>
<td>35,455</td>
</tr>
<tr>
<td>Region 3</td>
<td>16,693</td>
</tr>
<tr>
<td>Region 4</td>
<td>341,563</td>
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<td>Region 10</td>
<td>203,386</td>
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<td>119,382</td>
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<td>23,021</td>
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<tr>
<td>Region 19</td>
<td>59,745</td>
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<tr>
<td>Region 20</td>
<td>113,779</td>
</tr>
<tr>
<td>Total</td>
<td>1,263,456</td>
</tr>
</tbody>
</table>

There are 11 Texas Education Agency Education Service Center Regions that participate in the Texas Risk Assessment for Type2 Diabetes in Children program. (SB 415, 80th Texas Legislature)
The Texas Risk Assessment for Type 2 Diabetes in Children program helps identify those children who may be at-risk to develop type 2 diabetes through simple, non-invasive assessments that have been identified as risk factors for the development of the disease and other complications. During vision/hearing and scoliosis screenings, certified individuals assess school children for these risk factors. If these risk factors are present, a referral is issued to the parents of the child explaining what was found and why it is of concern. The referral includes recommendations to seek further evaluation from a health professional.

Research shows that the origins of type 2 diabetes are firmly rooted in childhood and experts agree that the best chance to reduce the burden of diabetes is to identify those with pre-diabetes to prevent its onset. It is important then for children with these risk factors to be evaluated by a health care professional. This contact between child, parent, and physician is a significant first step to reduce the burden of diabetes in the State of Texas.

A total number of 11,708 students followed their risk assessment with a health care professional.

Certified individuals assess children for the acanthosis nigricans marker during vision/hearing and scoliosis screenings.

Children who have the marker are assessed for body mass index and blood pressure.

Certified individuals issue referrals to parents. Referrals include what risk factors were found and a description of what each risk factor means. Referrals can be issued in English or Spanish.

The referral recommends that parents seek further evaluation from a health care professional.
Texas Department of State Health Services Medicaid/CHIP member count data has been obtained to help understand the medical community’s response to the Texas Risk Assessment for Type 2 Diabetes in Children program. Information obtained on International Classification of Diseases (ICD-9) Code 701.2 Acquired Acanthosis Nigricans member count data among children 0-17 years of age has increased since the program began in 1999. This increase may reflect the awareness and education that has been promoted through the TRATDC2 program as well as physician response to the risk assessment referral. Other member count information for conditions related to the risk assessment are presented as well.
Risk Assessments

**ACANTHOSIS NIGRICANS**

Acanthosis nigricans (AN) is a cutaneous marker associated with hyperinsulinemia and insulin resistance and is considered a risk factor for type 2 diabetes and other chronic diseases. Because of the increasingly alarming rates of children developing type 2 diabetes, acanthosis nigricans assessments are important and can help identify children with high insulin levels who may be at risk for developing the disease.

Acanthosis nigricans (AN) is considered a risk factor in the development of type 2 diabetes. Assessing for acanthosis nigricans can be useful to help identify children who may be at-risk for developing future health problems. Acanthosis nigricans identification is a simple, nonintrusive method that has been acceptable to children and those conducting the assessments.

Body Mass Index (BMI) is a measurement that helps determine overweight status by using a mathematical formula that takes into account a child’s age, height, and weight. After BMI is calculated for children and teens with acanthosis nigricans, the BMI number is plotted on Center for Diseases Control and Prevention (CDC) BMI-for-age growth charts. BMI categories are identified as obese, overweight, normal, and underweight. A child with a BMI greater or equal to the 95th percentile is considered obese and has a greater chance of maintaining obesity into adulthood. This is also significant since studies have shown that BMI above the 95th percentile is associated with elevated blood pressure, hyperlipidemia, and obesity-related disease and mortality. A child whose BMI falls between the 85th and 94th percentile is considered overweight and should be evaluated carefully and should be given particular attention to secondary complications of obesity.

Blood Pressure

Hypertension increases the risk for cardiovascular disease and is a complication of obesity. Hypertension has also been associated with insulin resistance and hyperinsulinemia. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to track blood pressure in children. Certified personnel perform two blood pressure measures on children who have the AN marker. Blood pressure is taken on the child’s right arm in a controlled environment, giving three to five minutes of rest in between each reading as recommended by the National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents. The blood pressure categories are identified as hypertensive, prehypertensive, or normal.
Success Stories

Beyond the numbers and figures of the Texas Risk Assessment for Type 2 Diabetes in Children program, the most significant contribution that the program can make is a change in a child’s life. Success stories like the ones below show us that winning the fight against diabetes can begin with a conversation, in these particular cases, a conversation with parents about their child’s risk assessment. This optimism is the driving force behind the Texas Risk Assessment for Type 2 Diabetes in Children program - For a Healthy Texas!

Letter from a school nurse in Texas Education Agency Region 20

This is to relate the information concerning my student who has gone from very positive to totally negative for AN markers in 2 school years. The student was negative for her AN check in 3rd and 5th grades. I checked her for AN in 7th grade and found her to be positive. She weighed 158 lbs. and was 62.25 inches tall on 09/22/08. I sent a referral letter to her parents on 10/23/08. Mom never sent back paperwork but did call me recently to tell me that her daughter was seen by a doctor several times and that she is watching her diet and getting a lot of exercise. The mother further stated that she does not want her daughter to get diabetes as an adult so is monitoring her daughter’s eating and exercising habits.

I checked this child for AN on 01/22/10, as an 8th grader, as we check for spinal abnormalities in the 5th and 8th grades in our school district. I had not seen her for over a year and was amazed at her transformation! She stated that she was eating better and exercising and had lost about 25 pounds! All of her AN markers had disappeared.

She has gone from positive to negative AN markers in 18 months and as of today, 03/26/10, weighs 134 and is 62.25 inches tall. She is trim and healthy looking, states that she is eating more vegetables and fruits and less fats, sweets and meats. Therefore, she has lost 24 pounds since the beginning of the seventh grade and is now towards the end of 8th grade.

I have several students who have lost weight and are not yet AN negative after being positive. When we used to measure AN on a scale of 0-4, I have several students who have been 4’s or 3’s and are now 1 or 2’s.

Sincerely,
Toni L. Serene, RN
Bandera Middle School

Letter from a school nurse in Texas Education Agency Region 1

I did the AN screening at IDEA San Juan and I had about 3 ninth grade students that it benefited. One was put on a strict diet and she was so excited when she realized she was losing weight and feeling better. Another student went to see the Dr. and found out she had high cholesterol, she too was put on a diet and started to feel better. Her legs had been swelling up and she never said anything. I felt some satisfaction that I helped improve their health as a result of the screenings.

Sandra Delgado
Clinic Staff Member, IDEA Public Schools
Rio Grande Valley, Texas
Letter from a school nurse in Texas Education Agency Region 18

I had a student in the school year 2000-2001 who was in a grade level that we did not check for ANTES as it was called at that time. I noticed the marker on his neck and he was overweight. I called his mother and she came to the school to discuss my findings. I explained to mom what I knew and had learned about the callous on his neck. I told her that he was at risk for Type 2 diabetes and she needed to take her child to the doctor for further evaluation. I gave her the paperwork with his ht, wt, and 2 blood pressure readings to take with her to the doctor. She was very cooperative and took her child to the doctor for a complete checkup. Within a week she came back to discuss the findings from his doctor. She brought me the referral form I had given her with the doctor’s finding. It stated that her child’s insulin levels were high and the doctor said he was indeed at risk for Type 2 diabetes. He recommended a diet and exercise program for the child. Mom carried out the diet instructions and her child began to lose weight. His personality changed and he seemed to be a very happy child. I praised him continuously as I saw him in the clinic or in the hallway. By the time he entered the 3rd grade he had lost weight and of course had gained some height. The callous on the back of his neck had begun to disappear. During that school year he moved away, and I have no idea where he is now. What I do know is that this parent took the information very seriously and carried out the doctor’s orders regarding his diet and exercise. At the time he moved away he was well on his way to better health.

Glenda Low, LVN
Big Spring ISD

Letter from a school nurse in Texas Education Agency Region 2

I spoke to you briefly last week regarding a case of positive AN I had last year. This child was overweight with slight positive markers for AN. I spoke to the parent and also sent referral forms. She immediately saw her MD and the child was given a diet to follow as well as exercise. Before the year was up she had lost some weight and was becoming more active. Mom decided that the whole family would participate. I believe everyone lost weight. She mentioned that the whole family made it a habit of walking in the late afternoons. I just saw the mom this past week and she looks great. She mentioned that everyone is still exercising and their eating much healthier. Her daughter’s asthma symptoms have also improved.

Sincerely

Araceli R. Sanchez, L.V.N.
Brooks County ISD
Texas Risk Assessment for Type 2 Diabetes in Children Support Services

The Texas Risk Assessment for Type 2 Diabetes in Children program provides training and certification to school nurses or other certified individuals in conducting risk assessments. This service is provided by health education coordinators that are assigned, but not restricted to, certain Texas Education Agency Regional Education Service Centers. Requests for materials and training and technical support for the Risk Factor Electronic System is also provided by these coordinators.

Providing these services is pertinent to the success of the program. The value gained from face-to-face trainings provides opportunities to develop transparency and trust between school nurses/certified individuals and the Border Health Office. Face-to-face trainings allow for school nurses to evaluate and judge the integrity, competency, and commitment that the Border Health Office provides to the program.

### Risk Assessment Trainings 2009-2010 School Year

<table>
<thead>
<tr>
<th>TEA Region</th>
<th>Number of Trainings</th>
<th>Number of Certified Individuals</th>
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</thead>
<tbody>
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<td>Region 1</td>
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<td>513</td>
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<tr>
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<td>36</td>
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<tr>
<td>Total</td>
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<td>3320</td>
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</table>

The Texas Risk Assessment for Type 2 Diabetes in Children program provides educational materials to school nurses/certified individuals. These materials are an excellent resource for parents. They are bilingual and explain the importance of the risk factors associated with the risk assessment.
Texas Risk Assessment for Type 2 Diabetes in Children Program
Texas Education Agency Regional Education Service Center
Fact Sheets
The Risk Assessment for Type 2 Diabetes in Children is a legislatively mandated program developed, coordinated, and administered by The University of Texas-Pan American Border Health Office (BHO). The program assesses children who may be at high risk of developing type 2 diabetes. During vision/hearing and scoliosis screenings of 1st, 3rd, 5th, 7th, and 9th graders in public and private schools, certified individuals assess children for the acanthosis nigricans (AN) marker, a skin condition that signals high insulin levels. Children who are identified with the marker undergo additional assessments of body mass index (BMI), BMI percentile, and blood pressure. Referrals are issued to the parents of these children. They help alert each parent of what the risk factors are and what changes will be necessary to prevent or delay future health problems for children at risk of developing type 2 diabetes and other health conditions.

The following results are for the assessments conducted in your region:

### Demography

<table>
<thead>
<tr>
<th>Total Number of Students Assessed: <strong>148,594</strong></th>
<th>Number of Students Referred: <strong>14,529</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Number of Students with AN: <strong>16,656</strong></td>
<td>Number of Students Seen Physician: <strong>3,132</strong></td>
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<tr>
<td>% of Students on Free and Reduced Lunch: <strong>85%</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Acanthosis Nigricans

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

![Number of Students with AN by Grade](image)

### Blood Pressure

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

<table>
<thead>
<tr>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
<th>Female</th>
<th>Male</th>
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<tr>
<td>Normal</td>
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<td>1,799</td>
<td>2,506</td>
<td>2,355</td>
<td>1,329</td>
<td>894</td>
<td>5,350</td>
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<tr>
<td>Pre-Hypertensive</td>
<td>149</td>
<td>328</td>
<td>598</td>
<td>548</td>
<td>459</td>
<td>230</td>
<td>1,169</td>
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<tr>
<td>Hypertensive</td>
<td>255</td>
<td>629</td>
<td>957</td>
<td>1,077</td>
<td>892</td>
<td>510</td>
<td>2,082</td>
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</tbody>
</table>

![Blood Pressure of Students with AN](image)

### Body Mass Index

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

![BMI of Students with AN](image)

* Includes high schools, charter schools, and private schools and excludes incomplete data sources. **Source:** Texas Education Agency
The Risk Assessment for Type 2 Diabetes in Children is a legislatively mandated program developed, coordinated, and administered by The University of Texas-Pan American Border Health Office (BHO). The program assesses children who may be at high risk of developing type 2 diabetes. During vision/hearing and scoliosis screenings of 1st, 3rd, 5th, 7th, and 9th graders in public and private schools, certified individuals assess children for the acanthosis nigricans (AN) marker, a skin condition that signals high insulin levels. Children who are identified with the marker undergo additional assessments of body mass index (BMI), BMI percentile, and blood pressure. Referrals are issued to the parents of these children. They help alert each parent of what the risk factors are and what changes will be necessary to prevent or delay future health problems for children at risk of developing type 2 diabetes and other health conditions.

The following results are for the assessments conducted in your region:

### Demography

<table>
<thead>
<tr>
<th>Total Number of Students Assessed: 35,455</th>
<th>Number of Students Referred: 2,348</th>
<th>% of Students on Free and Reduced Lunch: 62%</th>
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<tr>
<td>Total Number of Students with AN: 2,647</td>
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</tr>
<tr>
<td>Number of Students Seen Physician: 380</td>
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</table>

### Acanthosis Nigricans

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

![Number of Students with AN by Grade](image)

### Blood Pressure

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

<table>
<thead>
<tr>
<th></th>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
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<tr>
<td>Normal</td>
<td>160</td>
<td>259</td>
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<td>328</td>
<td>123</td>
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<td>757</td>
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<tr>
<td>Pre-Hypertensive</td>
<td>43</td>
<td>44</td>
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<td>216</td>
<td>95</td>
<td>122</td>
<td>376</td>
<td>401</td>
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</tbody>
</table>

![Blood Pressure of Students with AN](image)

### Body Mass Index

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

![BMI of Students with AN](image)

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The following results are for the assessments conducted in your region:

### Demography

| Total Number of Students Assessed: 16,693 | Number of Students Referred: 1,157 | % of Students on Free and Reduced Lunch: 57% |
| Total Number of Students with AN: 1,459 |
| Number of Students Seen Physician: 174 |

### Acanthosis Nigricans

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

![Number of Students with AN by Grade](image)

### Blood Pressure

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

![Blood Pressure of Students with AN](image)

<table>
<thead>
<tr>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>86</td>
<td>149</td>
<td>218</td>
<td>168</td>
<td>189</td>
<td>133</td>
<td>525</td>
</tr>
<tr>
<td>Pre-Hypertensive</td>
<td>10</td>
<td>29</td>
<td>46</td>
<td>44</td>
<td>21</td>
<td>19</td>
<td>96</td>
</tr>
<tr>
<td>Hypertensive</td>
<td>26</td>
<td>47</td>
<td>88</td>
<td>79</td>
<td>45</td>
<td>56</td>
<td>168</td>
</tr>
</tbody>
</table>

### Body Mass Index

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

![BMI of Students with AN](image)

<table>
<thead>
<tr>
<th>BMI of Students with AN</th>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>24</td>
<td>24</td>
<td>29</td>
<td>20</td>
<td>216</td>
<td>69</td>
</tr>
<tr>
<td>Obesity</td>
<td>93</td>
<td>179</td>
<td>285</td>
<td>235</td>
<td>195</td>
<td>117</td>
</tr>
<tr>
<td>Overweight</td>
<td>5</td>
<td>20</td>
<td>36</td>
<td>35</td>
<td>31</td>
<td>20</td>
</tr>
<tr>
<td>Underweight</td>
<td>0</td>
<td>2</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

* Includes high schools, charter schools, and private schools and excludes incomplete data sources. **Source:** Texas Education Agency
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The following results are for the assessments conducted in your region:

**Demography**

Total Number of Students Assessed: **341,563**  
Number of Students Referred: **21,564**  
Total Number of Students with AN: **22,647**  
Number of Students Seen Physician: **2,906**  
Reduced Lunch: **54%**

**Acanthosis Nigricans**

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

**Blood Pressure**

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

<table>
<thead>
<tr>
<th></th>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>1,342</td>
<td>2,573</td>
<td>3,331</td>
<td>2,658</td>
<td>1,759</td>
<td>503</td>
<td>6,993</td>
<td>5,173</td>
</tr>
<tr>
<td>Pre-Hypertensive</td>
<td>287</td>
<td>574</td>
<td>884</td>
<td>854</td>
<td>487</td>
<td>176</td>
<td>1,742</td>
<td>1,520</td>
</tr>
<tr>
<td>Hypertensive</td>
<td>622</td>
<td>1,142</td>
<td>1,806</td>
<td>1,744</td>
<td>1,212</td>
<td>360</td>
<td>3,628</td>
<td>3,258</td>
</tr>
</tbody>
</table>

**Body Mass Index**

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

* Includes high schools, charter schools, and private schools and excludes incomplete data sources. **Source:** Texas Education Agency
Risk Assessment for Type 2 Diabetes in Children Fact Sheet
Region 10
2009-2010

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The following results are for the assessments conducted in your region:

Demography
Total Number of Students Assessed: 203,386
Number of Students Referred: 8,016
% of Students on Free and Reduced Lunch: 51%
Total Number of Students with AN: 9,791
Number of Students Seen Physician: 1,272

Acanthosis Nigricans
Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

Blood Pressure
Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>531</td>
<td>956</td>
<td>1,667</td>
<td>875</td>
<td>241</td>
<td>954</td>
<td>3,048</td>
<td>2,176</td>
</tr>
<tr>
<td>Pre-Hypertensive</td>
<td>96</td>
<td>222</td>
<td>416</td>
<td>292</td>
<td>102</td>
<td>250</td>
<td>750</td>
<td>628</td>
</tr>
<tr>
<td>Hypertensive</td>
<td>178</td>
<td>471</td>
<td>827</td>
<td>689</td>
<td>210</td>
<td>658</td>
<td>1,663</td>
<td>1,370</td>
</tr>
</tbody>
</table>

Body Mass Index
A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

<table>
<thead>
<tr>
<th>BMI of Students with AN</th>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>51</td>
<td>64</td>
<td>176</td>
<td>108</td>
<td>216</td>
<td>100</td>
</tr>
<tr>
<td>Obesity</td>
<td>713</td>
<td>1,443</td>
<td>2,412</td>
<td>1,493</td>
<td>402</td>
<td>1,559</td>
</tr>
<tr>
<td>Overweight</td>
<td>45</td>
<td>156</td>
<td>353</td>
<td>248</td>
<td>88</td>
<td>233</td>
</tr>
<tr>
<td>Underweight</td>
<td>6</td>
<td>11</td>
<td>9</td>
<td>8</td>
<td>2</td>
<td>6</td>
</tr>
</tbody>
</table>

* Includes high schools, charter schools, and private schools and excludes incomplete data sources. **Source:** Texas Education Agency
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The following results are for the assessments conducted in your region:

**Demography**

Total Number of Students Assessed: **187,020**

Number of Students Referred: **7,301**

% of Students on Free and Reduced Lunch: **41%**

Total Number of Students with AN: **7,884**

Number of Students Seen Physician: **1,145**

**Acanthosis Nigricans**

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

![Number of Students with AN by Grade](chart1)

**Blood Pressure**

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

![Blood Pressure of Students with AN](chart2)

**Body Mass Index**

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: **Underweight**, **Normal**, **Overweight**, and **Obesity**. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

![BMI of Students with AN](chart3)

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The following results are for the assessments conducted in your region:

### Demography

<table>
<thead>
<tr>
<th>Total Number of Students Assessed: 119,382</th>
<th>Number of Students Referred: 4,829</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Number of Students with AN: 5,371</td>
<td>Number of Students Seen Physician: 670</td>
</tr>
</tbody>
</table>

### Acanthosis Nigricans

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

![Number of Students with AN by Grade](chart)

### Blood Pressure

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

<table>
<thead>
<tr>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>349</td>
<td>690</td>
<td>899</td>
<td>627</td>
<td>298</td>
<td>202</td>
<td>1,172</td>
</tr>
<tr>
<td>Pre-Hypertensive</td>
<td>54</td>
<td>127</td>
<td>261</td>
<td>189</td>
<td>102</td>
<td>54</td>
<td>412</td>
</tr>
<tr>
<td>Hypertensive</td>
<td>109</td>
<td>244</td>
<td>399</td>
<td>392</td>
<td>365</td>
<td>87</td>
<td>870</td>
</tr>
</tbody>
</table>

### Body Mass Index

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

![BMI of Students with AN](chart)

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The following results are for the assessments conducted in your region:

### Demography

<table>
<thead>
<tr>
<th>Total Number of Students Assessed: 14,818</th>
<th>Number of Students Referred: 938</th>
<th>% of Students on Free and Reduced Lunch: 59%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Number of Students with AN: 945</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of Students Seen Physician: 144</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Acanthosis Nigricans

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

### Blood Pressure

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

<table>
<thead>
<tr>
<th>Blood Pressure of Students with AN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal 39%</td>
</tr>
<tr>
<td>Pre-Hypertensive 15%</td>
</tr>
<tr>
<td>Hypertensive 46%</td>
</tr>
</tbody>
</table>

### Body Mass Index

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: **Underweight**, **Normal**, **Overweight**, and **Obesity**. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

<table>
<thead>
<tr>
<th>BMI of Students with AN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
</tr>
<tr>
<td>Obese</td>
</tr>
<tr>
<td>Over</td>
</tr>
<tr>
<td>Under</td>
</tr>
<tr>
<td>1st 3rd 5th 7th 9th Other Grades</td>
</tr>
</tbody>
</table>

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The following results are for the assessments conducted in your region:

**Demography**
- Total Number of Students Assessed: 23,021
- Number of Students Referred: 939
- % of Students on Free and Reduced Lunch: 55%
- Total Number of Students with AN: 1,144
- Number of Students Seen Physician: 134

**Acanthosis Nigricans**
Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

**Blood Pressure**
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<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>43</td>
<td>78</td>
<td>123</td>
<td>179</td>
<td>23</td>
<td>27</td>
<td>274</td>
<td>199</td>
</tr>
<tr>
<td>Pre-Hypertensive</td>
<td>14</td>
<td>36</td>
<td>63</td>
<td>55</td>
<td>10</td>
<td>15</td>
<td>115</td>
<td>78</td>
</tr>
<tr>
<td>Hypertensive</td>
<td>24</td>
<td>92</td>
<td>140</td>
<td>131</td>
<td>38</td>
<td>43</td>
<td>257</td>
<td>211</td>
</tr>
</tbody>
</table>

**Body Mass Index**
A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

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The following results are for the assessments conducted in your region:

### Demography

<table>
<thead>
<tr>
<th>Total Number of Students Assessed: 59,745</th>
<th>Number of Students Referred: 3,765</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Number of Students with AN: 4,115</td>
<td>% of Students on Free and Reduced Lunch: 76%</td>
</tr>
</tbody>
</table>

### Acanthosis Nigricans

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

#### Number of Students with AN by Grade

<table>
<thead>
<tr>
<th>Grade</th>
<th>Number of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>265</td>
</tr>
<tr>
<td>3rd</td>
<td>742</td>
</tr>
<tr>
<td>5th</td>
<td>1,178</td>
</tr>
<tr>
<td>7th</td>
<td>1,220</td>
</tr>
<tr>
<td>9th</td>
<td>442</td>
</tr>
<tr>
<td>Other</td>
<td>268</td>
</tr>
</tbody>
</table>

### Blood Pressure

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

#### Blood Pressure of Students with AN

- Normal: 26%
- Pre-Hypertensive: 16%
- Hypertensive: 58%

### Body Mass Index

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

#### BMI of Students with AN

<table>
<thead>
<tr>
<th>Category</th>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>16</td>
<td>37</td>
<td>52</td>
<td>66</td>
<td>216</td>
<td>13</td>
</tr>
<tr>
<td>Obesity</td>
<td>224</td>
<td>635</td>
<td>966</td>
<td>979</td>
<td>343</td>
<td>222</td>
</tr>
<tr>
<td>Overweight</td>
<td>24</td>
<td>67</td>
<td>155</td>
<td>168</td>
<td>71</td>
<td>29</td>
</tr>
<tr>
<td>Underweight</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

* Includes high schools, charter schools, and private schools and excludes incomplete data sources. Source: Texas Education Agency
The Risk Assessment for Type 2 Diabetes in Children is a legislatively mandated program developed, coordinated, and administered by The University of Texas-Pan American Border Health Office (BHO). The program assesses children who may be at high risk of developing type 2 diabetes. During vision/hearing and scoliosis screenings of 1st, 3rd, 5th, 7th, and 9th graders in public and private schools, certified individuals assess children for the acanthosis nigricans (AN) marker, a skin condition that signals high insulin levels. Children who are identified with the marker undergo additional assessments of body mass index (BMI), BMI percentile, and blood pressure. Referrals are issued to the parents of these children. They help alert each parent of what the risk factors are and what changes will be necessary to prevent or delay future health problems for children at risk of developing type 2 diabetes and other health conditions.

The following results are for the assessments conducted in your region:

### Demography

<table>
<thead>
<tr>
<th>Total Number of Students Assessed: 113,779</th>
<th>Number of Students Referred: 6,616</th>
<th>% of Students on Free and Reduced Lunch: 63%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Number of Students with AN: 7,948</td>
<td>Number of Students Seen Physician: 1,077</td>
<td></td>
</tr>
</tbody>
</table>

### Acanthosis Nigricans

Acanthosis nigricans (AN) is a skin condition that is frequently seen on the nape of the neck. It appears as a dark/black, rough, or velvety area on the surface of the skin. The AN marker is important because it most often signals high insulin levels circulating within the body. The AN marker is considered a risk factor in the development of type 2 diabetes.

### Blood Pressure

Hypertension has also been associated with insulin resistance and hyperinsulinemia, which is important for children with the AN marker. Elevated blood pressure in childhood correlates with hypertension in early adulthood, supporting the need to measure blood pressure in children.

<table>
<thead>
<tr>
<th>1st</th>
<th>3rd</th>
<th>5th</th>
<th>7th</th>
<th>9th</th>
<th>Other Grades</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>470</td>
<td>977</td>
<td>1,321</td>
<td>985</td>
<td>341</td>
<td>268</td>
<td>2,435</td>
</tr>
<tr>
<td>Pre-Hypertensive</td>
<td>99</td>
<td>216</td>
<td>381</td>
<td>280</td>
<td>104</td>
<td>56</td>
<td>605</td>
</tr>
<tr>
<td>Hypertensive</td>
<td>202</td>
<td>412</td>
<td>738</td>
<td>703</td>
<td>212</td>
<td>149</td>
<td>1,230</td>
</tr>
</tbody>
</table>

### Body Mass Index

A high Body Mass Index (BMI) for age percentile is also considered a risk factor for the development of type 2 diabetes. BMI is calculated using the student’s age, sex, height, and weight. The BMI percentiles are determined by the Center for Disease Control BMI for age percentile growth charts. The percentiles are separated into four categories: Underweight, Normal, Overweight, and Obesity. In the development of type 2 diabetes, special emphasis is placed on the Overweight and Obesity categories.

<table>
<thead>
<tr>
<th>BMI of Students with AN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>Normal</td>
</tr>
<tr>
<td>Obesity</td>
</tr>
<tr>
<td>Overweight</td>
</tr>
<tr>
<td>Underweight</td>
</tr>
</tbody>
</table>

* Includes high schools, charter schools, and private schools and excludes incomplete data sources. **Source: Texas Education Agency**
Texas Risk Assessment For Type 2 Diabetes In Children

Suggested Readings


Bonet, B, Viana, M, Sánchez-Vera, I, Quintanar, A, Martínez, J, Espino, M. Adipose tissue and liver lipid metabolism in obese children: role of the body mass index and the presence of acanthosis nigricans. Diabetic Medicine 2007;24:1192-1198


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Suggested Readings

Texas Risk Assessment For Type 2 Diabetes In Children


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