



Diabetes Fact Sheet

Overview

- Diabetes is the 7th leading cause of death in the U.S.
- Poorly controlled diabetes is the leading cause of adult blindness, end-stage renal disease and non-traumatic lower-limb amputations. It also doubles the risk of stroke and heart disease.
- People with diabetes are also at increased risk for neurological symptoms, cardio-vascular disease and other complications.ⁱ

Prevalence of Diabetes in the U.S.

According to the Centers for Disease Control and Prevention¹

http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf :

- 23.6 million people—7.8% of the population—have diabetes.
 - 17.9 million are diagnosed.
 - 5.7 million are undiagnosed.
- 57 million American Adults have pre-diabetes.ⁱⁱ
 - Prediabetes is a condition that raises the risk of developing type 2 diabetes, heart disease, and stroke. People with prediabetes have blood glucose levels higher than normal but not high enough to be classified as diabetes.ⁱⁱⁱ
- The overall prevalence of the disease is rising.
 - There have been more than one million new cases each year since 2002, when 12.1 million Americans were estimated to have diabetes.
 - 50% of Hispanic and African-Americans born since 2000 will develop diabetes.
- The proportion of people with diabetes increases as people age.^{iv}
 - Of those age 20 years or older, 23.5 million or 10.7% of all people in this age group have diabetes.
 - Age 60 years or older: 12.2 million or 23.1% of all people in this age group have diabetes.
- Diabetes is a concern for both men and women.^{iv}
 - Men: 12.0 million, or 11.2% of all men aged 20 years or older, have diabetes.
 - Women: 11.5 million, or 10.2% of all women aged 20 years or older, have diabetes.
- Diabetes affects some racial/ethnic groups more than others.
 - Non-Hispanic whites: 14.9 million, or 9.8% of all non-Hispanic whites aged 20 years or older, have diabetes.
 - Non-Hispanic blacks: 3.7 million, or 14.7% of all non-Hispanic blacks aged 20 years or older, have diabetes.

¹ Diagnosed diabetes is based on self-report and undiagnosed diabetes is based on blood glucose levels above normal upon testing.

Expenditures on Diabetes

- The overall economic cost of diabetes in 2007 was \$174 billion.
- Direct medical costs: \$116 billion.
- Reduced national productivity has been estimated to account for \$58 to \$105 billion.^{i,v}
- Type 1 diabetes is estimated to account for only a small portion of the economic burden imposed by diabetes ; Type 2 accounts for nearly all of the expenditure.
- 18% of Medicare beneficiaries (about 7 million Americans) have diabetes and they account for 32% of Medicare spending.^{vi}

Types of Diabetes ⁱⁱⁱ

Prediabetes is defined as a condition that raises the risk of developing type 2 diabetes, heart disease, and stroke. People with prediabetes have blood glucose levels higher than normal but not high enough to be classified as diabetes.ⁱⁱⁱ Self-management can be highly effective in mitigating further development of prediabetes.

Type 1 diabetes was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes.

- Type 1 diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose.
- People with type 1 diabetes must have insulin delivered by injection or a pump. This form of diabetes usually strikes children and young adults, although disease onset can occur at any age.
- In adults, type 1 diabetes accounts for 5% to 10% of all diagnosed cases of diabetes.
- There is no known way to prevent type 1 diabetes.

Type 2 diabetes was previously called non–insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes.

- In adults, type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes.
- It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it.
- Type 2 diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Native Hawaiians or Other Pacific Islanders are at particularly high risk for type 2 diabetes and its complications.
- Type 2 diabetes in children and adolescents, although still rare, is being diagnosed more frequently among American Indians, African Americans, Hispanic/Latino Americans, and Asian/Pacific Islanders.

Gestational diabetes is a form of glucose intolerance diagnosed during pregnancy.

- Gestational diabetes occurs more frequently among African Americans, Hispanic/Latino Americans, and American Indians. It is also more common among obese women and women with a family history of diabetes.
- Women who have had gestational diabetes have a 40% to 60% chance of developing diabetes in the next 5–10 years. ⁱⁱⁱ

References:

- ⁱ American Diabetes Association. Economic costs of diabetes in the U.S. in 2007. *Diabetes Care*. 2008;31(3):1-20
- ⁱⁱ CDC, Fact Sheet. http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf
- ⁱⁱⁱ CDC 2008 Fact Sheet, 2008. <http://www.cdc.gov/diabetes/pubs/factsheet07.htm>
- ^{iv} Prevalence of diagnosed and undiagnosed diabetes among people aged 20 years or older, United States, 2007. CDC 2008 Fact Sheet.2008. http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf
- ^v DeVol R, Bedroussian A, Charuworn A, et al. An unhealthy America. The economic burden of chronic disease – Charting a new course to save lives and increase productivity and economic growth. Milken Institute. October 2007. Available at http://www.milkeninstitute.org/pdf/chronic_disease_report.pdf. Accessed January 29, 2008.
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