

# Diabetes: The Numbers



**The National Diabetes Education Program**  
*Changing the Way Diabetes is Treated.*

January 2007



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# What is Diabetes?

- Diabetes is a group of diseases characterized by high levels of blood glucose (blood sugar)
- Diabetes can lead to serious health problems and premature death

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# Diabetes Complications

- 2 in 3 people with diabetes die of heart disease or stroke
- Diabetes is the #1 cause of adult blindness
- Diabetes is the #1 cause of kidney failure
- Diabetes causes more than 60% of non-traumatic lower-limb amputations each year

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# Common Types of Diabetes

- Type 1 diabetes
  - 5% to 10% of diagnosed cases of diabetes
- Type 2 diabetes
  - 90% to 95% diagnosed cases of diabetes

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# Common Types of Diabetes

- Gestational Diabetes Mellitus
  - 7% of all U.S. pregnancies, or about 200,000 cases annually
  - Increased lifelong risk for mother and child for developing type 2 diabetes

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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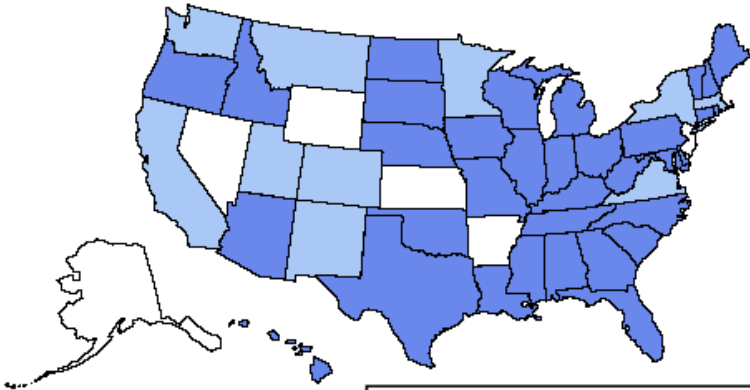
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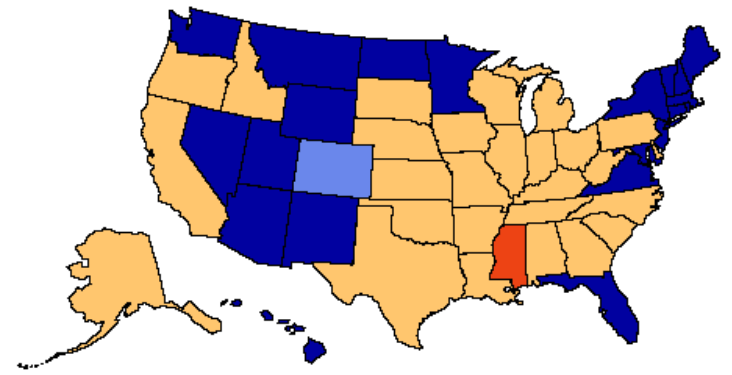


# Obesity Trends

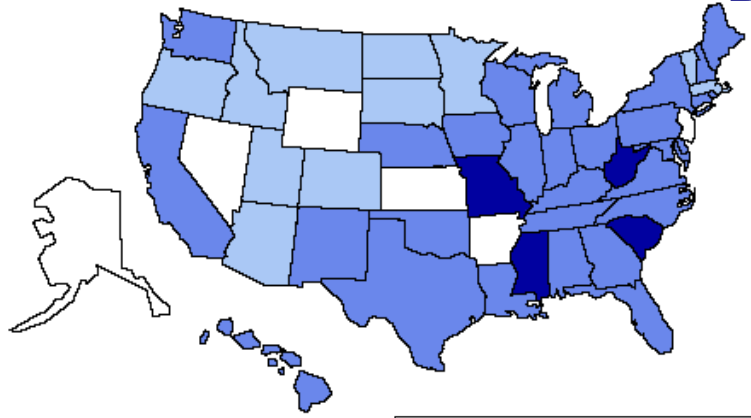
1990



2001

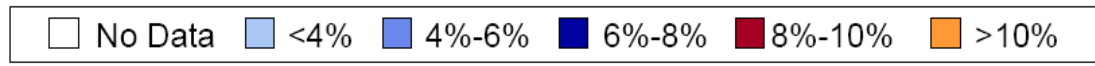
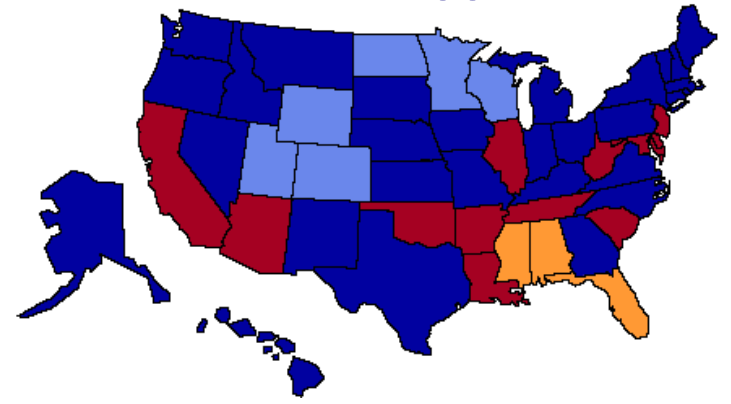


1990



# Diabetes Trends

2001



BRFSS, 1990-2001

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# U.S. Diabetes Prevalence

## All Ages, 2005

- 20.8 million people have diabetes
  - **Diagnosed:** 14.6 million people
    - Type 1 diabetes accounts for 5 – 10%
    - Type 2 diabetes accounts for 90 – 95%
  - **Undiagnosed:** 6.2 million people

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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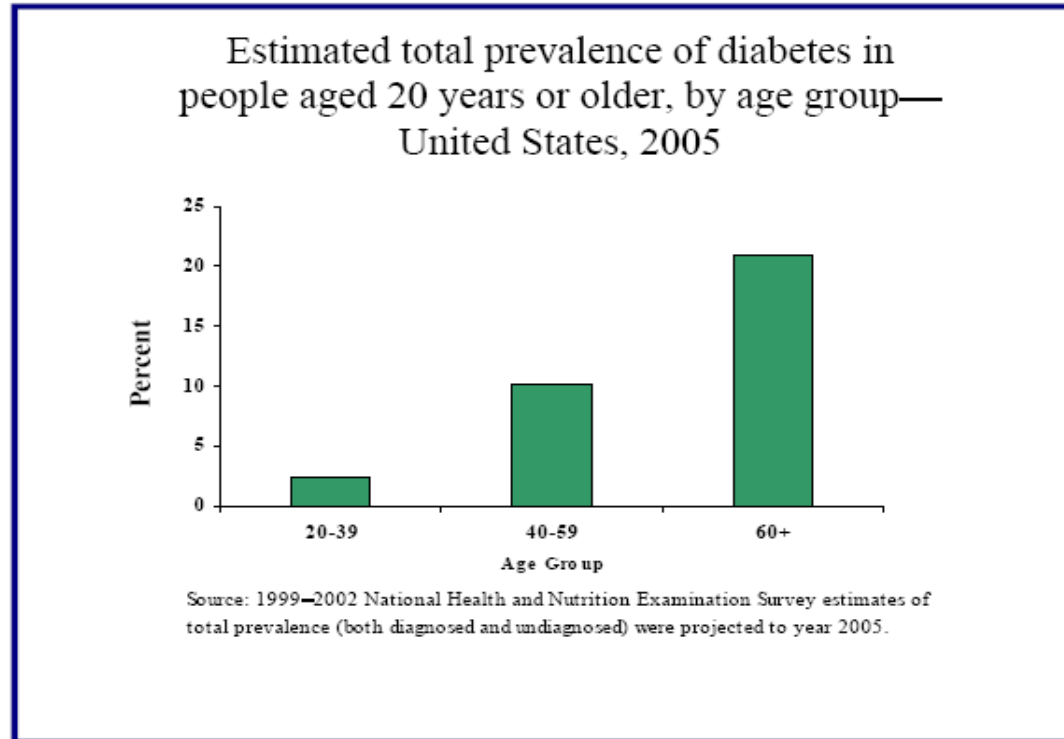
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# U.S. Diabetes Prevalence 20 Years or Older, 2005



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# U.S. Diabetes Incidence 20 Years or Older, 2005

- 1.5 million new cases of diabetes diagnosed in 2005

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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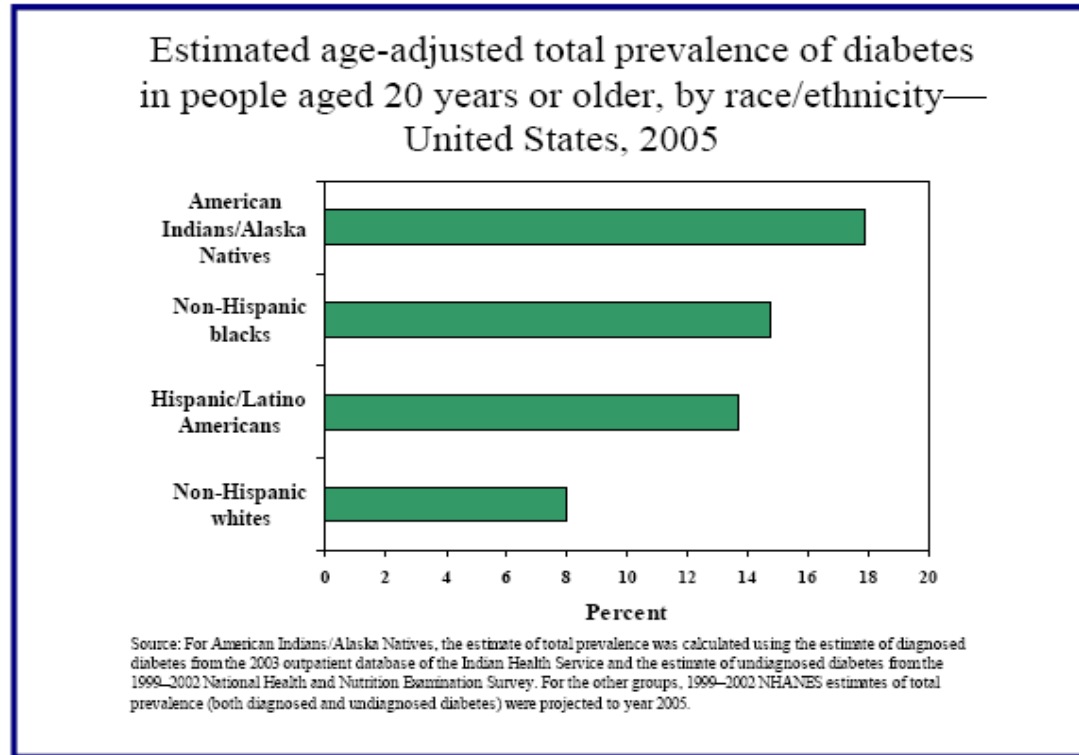
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# U.S. Diabetes Prevalence

## 20 Years or Older, by Race/Ethnicity, 2005



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# American Indians and Alaska Natives and Diabetes

- 12.8 percent of American Indians and Alaska Natives had diabetes in 2003
- 2.2 times as likely to have diabetes as non-Hispanic whites

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# African Americans and Diabetes

- 13.3 percent of all African Americans have diabetes
- African Americans are 1.8 times as likely to have diabetes as non-Hispanic whites

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# Hispanic/Latino Americans and Diabetes

- 9.5 percent of all Hispanic/Latino Americans have diabetes
- Mexican Americans are 1.7 times as likely to have diabetes as non-Hispanic whites

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# Asian Americans and Pacific Islanders and Diabetes

- Hawaii: Asians, Native Hawaiians, and other Pacific Islanders are more than 2 times as likely to have diabetes as non-Hispanic whites
- California: Asians are 1.5 times as likely to have diabetes as non-Hispanic whites

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# U.S. Diabetes Prevalence

## Young people under age 20

- 154,369 or 0.18% of young people under age 20 have diabetes, OR 1 in 523
- Type 1 diabetes is more common than type 2, except in American Indian youth
- Diabetes in youth is more common in young females and in young people ages 10-19

(SEARCH) *Pediatrics*.2006; 118: 1510-1518.

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# U.S. Diabetes Prevalence

## Young people ages 0 -9

- Diabetes occurs in less than 1 in 1,000 young people ages 0 – 9
- Type 1 diabetes accounts for 97% of diagnosed cases in this age group
- Diabetes is more common in non-Hispanic white young people ages 0-9 than in any other ethnic group

(SEARCH) *Pediatrics*.2006; 118: 1510-1518.

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# U.S. Diabetes Prevalence

## Young people ages 10-19

- Diabetes occurs in 1 in 357 young people ages 10 – 19
- Type 1 diabetes accounts for 81% of diagnosed cases in this age group
- Type 2 diabetes accounts for 6% (non-Hispanic white youth) to 76% (American Indian youth) of diagnosed diabetes in this age group

(SEARCH) *Pediatrics*.2006; 118: 1510-1518.

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# EVERY 24 HOURS

- New Cases – 4,100
- Deaths – 810
- Amputations – 230
- Kidney Failure – 120
- Blindness - 55



Derived from NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# Preventing Diabetes Complications

- Glucose control
- Blood pressure control
- Blood lipid control
- Preventive care practices for eyes, kidneys, feet, teeth and gums
- Aspirin as directed by physician

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# Estimated Cost of Diabetes in U.S.

- Total: **\$132 billion**
- Direct Medical Cost: **\$92 billion**
- Indirect Cost: **\$40 billion**

Lewin Group, Inc., for the American Diabetes Association, 2002.

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# What is Pre-diabetes?

- People with pre-diabetes have blood glucose levels higher than normal but not high enough to be diagnosed with diabetes
- People with pre-diabetes can prevent or delay the onset of type 2 diabetes through lifestyle change and/or medication - though none are approved for diabetes prevention

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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# Pre-Diabetes

- At least **54 million** U.S. adults age 20 and older have **pre-diabetes**—which raises their risk for type 2 diabetes and cardiovascular disease

NIDDK, National Diabetes Statistics fact sheet. HHS, NIH, 2005.

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or

**Visit [www.ndep.nih.gov](http://www.ndep.nih.gov)**

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