



## Diabetes Fact Sheet

### Overview

- Diabetes is the 7<sup>th</sup> 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.<sup>i</sup>

### Prevalence of Diabetes in the U.S.

According to the Centers for Disease Control and Prevention<sup>1</sup>

[http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2007.pdf](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.<sup>ii</sup>
  - 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.<sup>iii</sup>
- 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.<sup>iv</sup>
  - 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.<sup>iv</sup>
  - 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.

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<sup>1</sup> 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.<sup>i,v</sup>
- 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.<sup>vi</sup>

## **Types of Diabetes** <sup>iii</sup>

**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.<sup>iii</sup> 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. <sup>iii</sup>

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**References:**

- <sup>i</sup> American Diabetes Association. Economic costs of diabetes in the U.S. in 2007. *Diabetes Care*. 2008;31(3):1-20
- <sup>ii</sup> CDC, Fact Sheet. [http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2007.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf)
- <sup>iii</sup> CDC 2008 Fact Sheet, 2008. <http://www.cdc.gov/diabetes/pubs/factsheet07.htm>
- <sup>iv</sup> 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](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf)
- <sup>v</sup> 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](http://www.milkeninstitute.org/pdf/chronic_disease_report.pdf). Accessed January 29, 2008.
- <sup>vi</sup> U.S. Department of Health and Human Services. Centers for Medicare and Medicaid Services. (December 8, 2004). “Medicare Awards for Programs to Improve Care for Beneficiaries with Chronic Illnesses.” CMS Office of Public Affairs. Retrieved February 8, 2007  
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