

Diabetes: The Numbers



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

January 2007



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www.ndep.nih.gov

A joint program of NIH and CDC



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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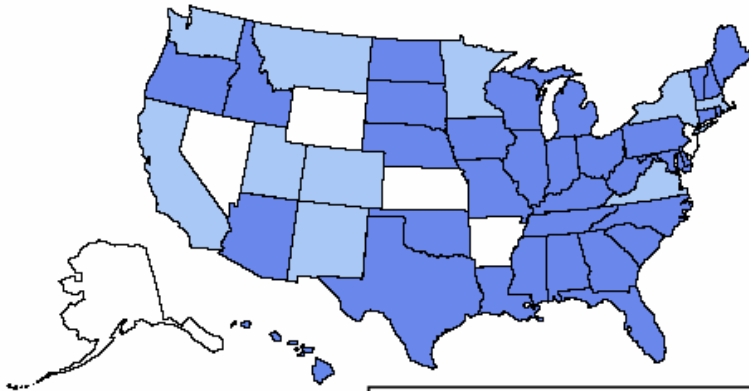
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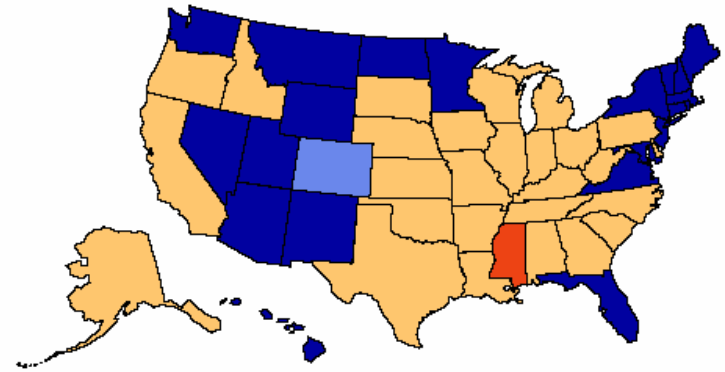


Obesity Trends

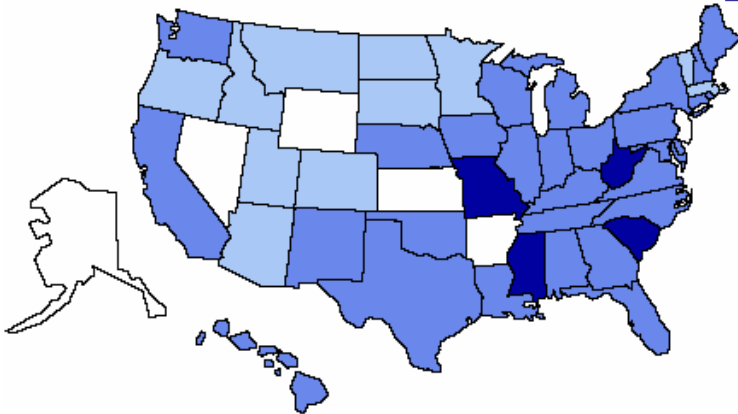
1990



2001

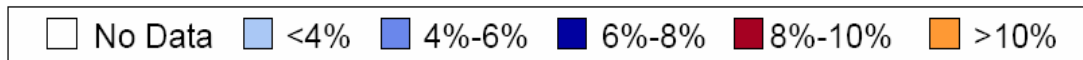
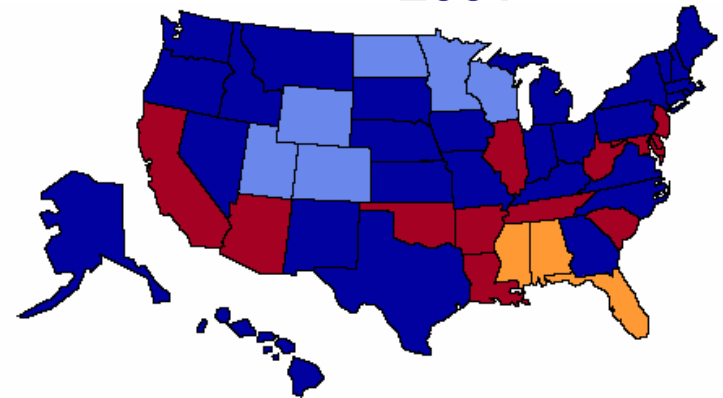


1990



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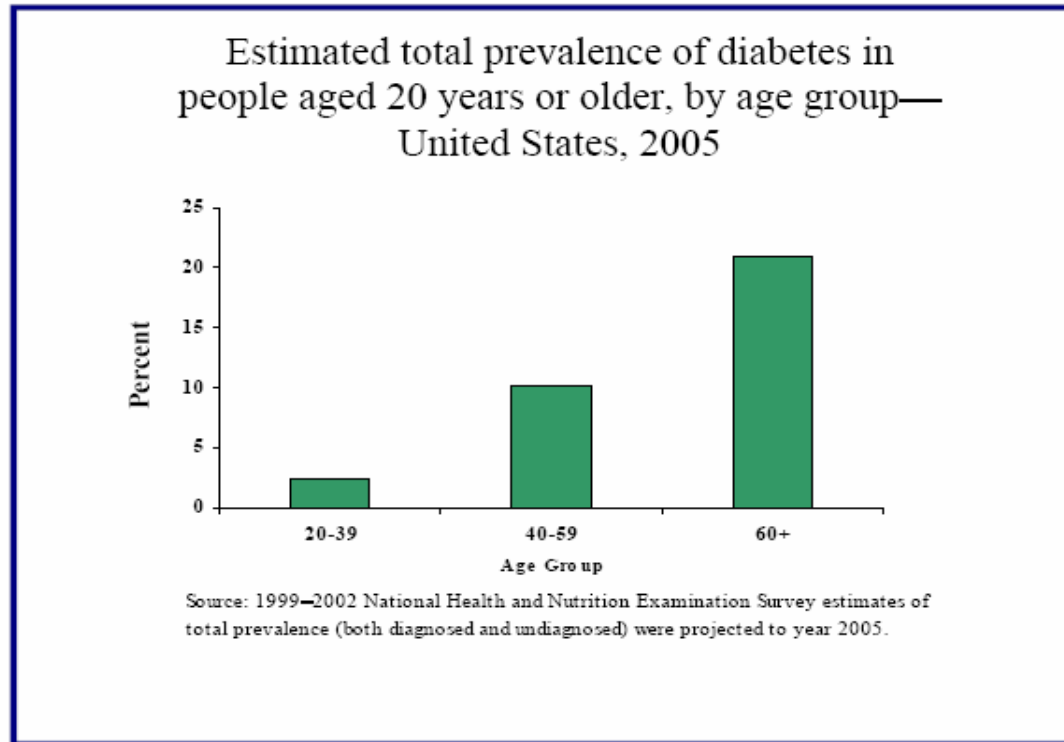
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U.S. Diabetes Prevalence 20 Years or Older, 2005



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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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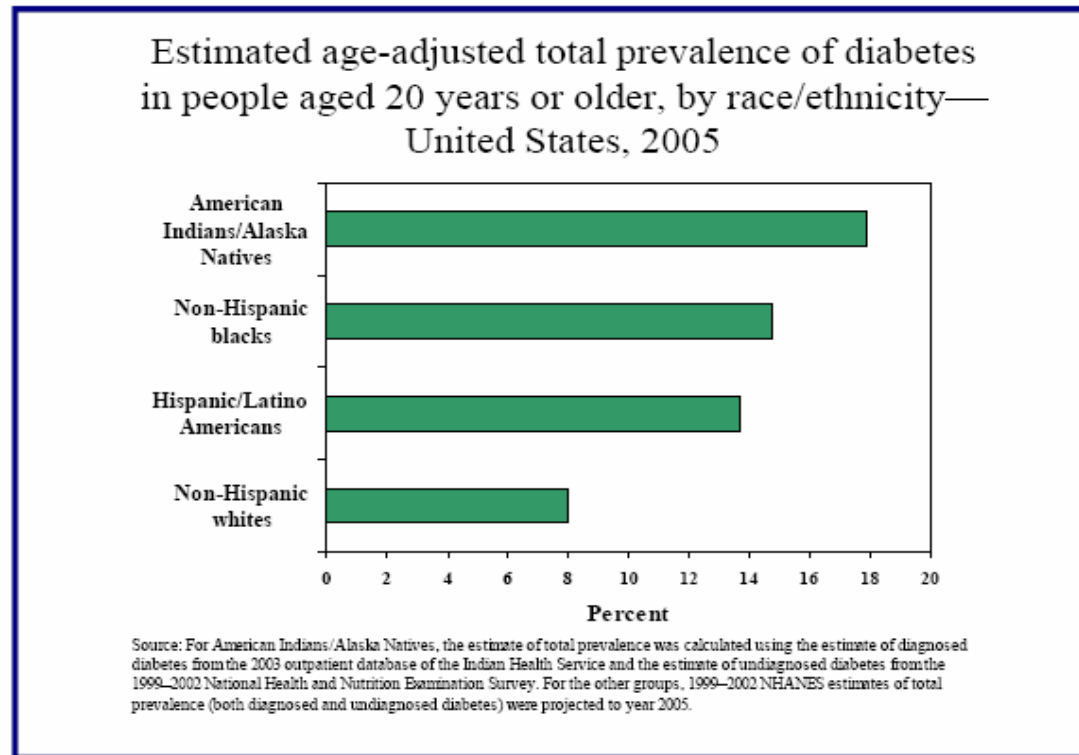
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U.S. Diabetes Prevalence

20 Years or Older, by Race/Ethnicity, 2005



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



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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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Call 1-800-438-5383

or

Visit www.ndep.nih.gov

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

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