

FAST FACTS

Data and Statistics about Diabetes



KEY FACTS

- Nearly 26 million children and adults in the United States have diabetes
- 79 million Americans have prediabetes
- 1.9 million Americans are diagnosed with diabetes every year
- Nearly 10% of the entire U.S. population has diabetes, including over 25% of seniors
- As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue
- The economic cost of diagnosed diabetes in the U.S. is \$245 billion per year

Diabetes in the United States

- 25.8 million Americans, 8.3% of the population, have diabetes
- 18.8 million Americans have diagnosed diabetes
- 7.0 million Americans have undiagnosed diabetes (27% of diabetes is undiagnosed)
- 1.9 million Americans aged 20 years or older are newly diagnosed with diabetes each year (5,205/day)
- Age 20 years or older: 25.6 million, or 11.3% of all people in this age group, have diabetes
- Age 65 years or older: 10.9 million, or 26.9% of all people in this age group, have diabetes

Diabetes in Youth

About 215,000 people younger than 20 years have diabetes (type 1 or type 2). This represents 0.26% of all people in this age group, or about 1 in 400

- 15,600 youth are newly diagnosed with type 1 diabetes annually
- 3,600 youth are newly diagnosed with type 2 diabetes annually

Prediabetes

35% of U.S. adults aged 20 years or older have prediabetes (50% of those aged 65 years or older)

79 million Americans aged 20 years or older have prediabetes. Only 7.3% of Americans with prediabetes have been told they have it

Racial Disparities

Non-Hispanic whites: 15.7 million, or 10.2% of all non-Hispanic whites aged 20 years or older, have diabetes (diagnosed and undiagnosed)

Non-Hispanic blacks: 4.9 million, or 18.7% of all non-Hispanic blacks aged 20 years or older, have diabetes (diagnosed and undiagnosed)

- 16.1% of the total adult American Indian and Alaskan Native population has diagnosed diabetes
- Compared to non-Hispanic whites, the risk of diagnosed diabetes is 1.2 times higher among Asian Americans, 1.7 times higher among Hispanics, and 1.8 times higher among non-Hispanic blacks

Diabetes as Cause of Death

- Diabetes is the primary cause of death for 71,382 Americans each year
- Diabetes contributes to the death of 231,404 Americans annually (combining death certificates that list diabetes as the primary and a contributing cause of death)

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Cost of Diabetes

- \$245 billion annually attributable to diagnosed diabetes, including \$176 billion in direct costs and \$69 billion in indirect costs (disability, work loss, premature mortality)
- People with diagnosed diabetes have health care costs 2.3 times higher than what expenditures would be in the absence of diabetes
- 1 in 10 health care dollars is spent treating diabetes and its complications
- 1 in 5 health care dollars is spent caring for people with diabetes

Complications of Diabetes

- Heart disease is noted on 68% of diabetes-related death certificates among people aged 65 years or older
- Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes, and the risk for stroke is 2 to 4 times higher among people with diabetes
- Diabetes is the leading cause of new cases of blindness among adults aged 20–74 years
- In 2005–2008, 4.2 million (28.5%) people with diabetes aged 40 years or older had diabetic retinopathy
- Diabetes is the leading cause of kidney failure, accounting for 44% of all new cases of kidney failure
- Annually, 48,374 people with diabetes began treatment for end-stage kidney disease in the United States (133/day)
- A total of 202,290 people with end-stage kidney disease due to diabetes are living on chronic dialysis or with a kidney transplant in the United States

- About 60% to 70% of people with diabetes have mild to severe forms of neuropathy
- Hearing loss is about twice as common in adults with diabetes as those who do not have diabetes
- More than 60% of nontraumatic lower-limb amputations occur in people with diabetes.
- About 65,700 nontraumatic lower-limb amputations are performed in people with diabetes annually (180/day)

Other Statistics

- In the United States, approximately 5% of the population with diagnosed diabetes has type 1 diabetes (~1 million); approximately 90–95% has type 2 diabetes (1–5% have other, rare types)
- Among adults with diagnosed diabetes, 12% take insulin only, 14% take both insulin and oral medication, 58% take oral medication only, and 16% do not take either insulin or oral medication
- 85.2% of people with type 2 diabetes are overweight or obese
- Approximately 18% of pregnancies are affected by gestational diabetes
- The prevalence of diagnosed diabetes in the U.S. increased by 128% from 1988 to 2008
- As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue
- Diabetes kills more Americans every year than AIDS and breast cancer combined
- A person with diagnosed diabetes at age 50 dies 6 years earlier than a counterpart without diabetes