

# FAST FACTS

## Data and Statistics about Diabetes



### KEY FACTS

- **Almost 30 million children and adults in the United States have diabetes**
- **86 million Americans have prediabetes**
- **1.7 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

- 29.1 million Americans, 9.3% of the population, have diabetes
- 21 million Americans have diagnosed diabetes
- 8.1 million Americans have undiagnosed diabetes (27.8% of diabetes is undiagnosed)
- 1.7 million Americans aged 20 years or older are newly diagnosed with diabetes each year, 4,380/day, one every 19 seconds
- Age 20 years or older: 12.3% of all people in this age group have diabetes
- Age 65 years or older: 11.2 million, or 25.9% of all people in this age group, have diabetes

### Diabetes in Youth

About 208,000 people younger than 20 years have diabetes (type 1 or type 2). This represents .25% of all people in this age group, or about 1 in 400

- 18,436 youth are newly diagnosed with type 1 diabetes annually

- 5,089 youth are newly diagnosed with type 2 diabetes annually

### Prediabetes

37% of U.S. adults aged 20 years or older have prediabetes

86 million Americans aged 20 years or older have prediabetes. Only 11.1% of Americans with prediabetes have been told they have it

### Racial Disparities

- 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 1.7 times higher among non-Hispanic blacks
- Among Hispanic adults, the age-adjusted rate of diagnosed diabetes was 8.5% for Central and South Americans, 9.3% for Cubans, 13.9% for Mexican Americans, and 14.8% for Puerto Ricans
- Among Asian American adults, the age-adjusted rate of diagnosed diabetes was 4.4% for Chinese, 11.3% for Filipinos, 13% for Asian Indians, and 8.8% for other Asians
- Among American Indian and Alaska Native adults, the age-adjusted rate of diagnosed diabetes varied by region from 6% among Alaska Natives to 24.1% among American Indians in southern Arizona

### Diabetes as Cause of Death

- Diabetes is the primary cause of death for 69,071 Americans each year
- Diabetes contributes to the death of 234,051 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

- Hospitalization rates for heart attack were 1.8 times higher among adults with diagnosed diabetes than among adults without diagnosed diabetes
- Hospitalization rates for stroke were 1.5 times higher among adults with diagnosed diabetes compared to those without diagnosed diabetes
- In 2011, about 282,000 emergency room visits for adults aged 18 years or older had hypoglycemia as the first-listed diagnosis and diabetes as another diagnosis
- In 2011, about 175,000 emergency room visits for people of all ages had hyperglycemic crisis as the first-listed diagnosis
- 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, 49,677 people with diabetes began treatment for end-stage kidney disease in the United States

- A total of 228,924 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 73,000 nontraumatic lower-limb amputations are performed in people with diabetes annually

## 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, 14% take insulin only, 14.7% take both insulin and oral medication, 56.9% take oral medication only, and 14.4% do not take either insulin or oral medication
- Nearly 6 million Americans use insulin
- 85.2% of people with type 2 diabetes are overweight or obese
- 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