Diabetes: The Numbers

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

January 2007

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

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


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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

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

- 1.5 million new cases of diabetes diagnosed in 2005

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

EVERY 24 HOURS

- New Cases – 4,100
- Deaths – 810
- Amputations – 230
- Kidney Failure – 120
- Blindness - 55
**Estimated Cost of Diabetes in U.S.**

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


**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