



## Diabetes Fast Facts

### Diabetes in the US

- Diabetes is a growing public health epidemic affecting over **25.8 million** Americans, and according to the Centers for Disease Control and Prevention, **1.9 million** new cases of diabetes were diagnosed in people aged 20 years and older in 2010.<sup>1</sup>
- Approximately **79 million** American adults had pre-diabetes in 2010, and according to the Centers for Disease Control, **7 million** American adults have undiagnosed diabetes.<sup>1</sup>
- Individuals living with type 2 diabetes, fueled by rising rates of obesity, account for nearly **90-95 percent** of all diabetes cases.<sup>1</sup>

### Who is Affected?

- Diabetes disproportionately affects minority populations – African Americans and Hispanics are nearly **twice as likely** to develop diabetes over their lifetime – 11.8 percent of Hispanics and 12.6 percent of African Americans are living with diabetes compared to 7.1 percent of Caucasians.<sup>1</sup>
- Diabetes affects older adults more frequently – approximately **10.9 million** or 26.9 percent of Americans ages 65 or older had type 2 diabetes in 2010, according to the Centers for Disease Control and Prevention.<sup>1</sup>

### Morbidity and Mortality

- Overall, the risk for death among people with diabetes is about **twice** that of people without diabetes of similar age.<sup>1</sup>
- In 2007, diabetes was the **seventh leading cause in death**.<sup>1</sup>
- About **2 to 10 percent** of pregnant women in the United States develop gestational diabetes, and these women have a **35 to 60 percent** chance of developing diabetes within 10 to 20 years.<sup>1</sup>
- **Two out of three** people with diabetes die from heart disease or stroke.<sup>2</sup>

### Disease Costs

- The U.S. spends approximately **\$174 billion** in annual total costs for diagnosed diabetes with **\$116 billion** in direct medical costs.<sup>1</sup>
- **1 out of 3** Medicare dollars is spent on diabetes, with a high percentage attributed to tertiary illness caused by unmanaged or undermanaged diabetes.<sup>3</sup>

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1. Centers for Disease Control and Prevention. National Diabetes Fact Sheet, 2011. Retrieved from [http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)

2. American Diabetes Association. Diabetes Myths. Retrieved from <http://www.diabetes.org/diabetes-basics/diabetes-myths/>

3. Centers of Medicare and Medicaid Services. (2011). Medicare Healthcare Support Overview. Retrieved from <http://www.cms.gov/CCIP/>