

FAST FACTS

Data and Statistics about Diabetes



KEY FACTS

- **Over 30 million children and adults in the United States have diabetes**
- **84.1 million American adults have prediabetes**
- **1.5 million Americans are diagnosed with diabetes every year**
- **Nearly half of American adults have diabetes or prediabetes**

Diabetes in the United States

- 30.3 million Americans or 9.4% of the population have diabetes; that's 1 in 11 Americans
- 23.1 million Americans have diagnosed diabetes
- 7.2 million Americans have undiagnosed diabetes
- 1.5 million Americans aged 20 years or older are newly diagnosed with diabetes each year, one every 21 seconds
- Age 20 years or older: 9.4% of all people in this age group have diabetes
- 12 million, or 1 in 4 adults age 65 or older, have diabetes

Diabetes in Youth

- About 193,000 Americans younger than 20 years have diabetes (type 1 or type 2) which represents 0.24% of all people in this age group
- Nearly 18,000 youth are newly diagnosed with type 1 diabetes annually

- Over 5,000 youth are newly diagnosed with type 2 diabetes annually

Prediabetes

- 1 in 3 U.S. adults aged 20 years or older has prediabetes
- 84.1 million Americans aged 20 years or older have prediabetes, and 90% of them don't know they have it

Racial Disparities

- African Americans and Hispanics are over 50% more likely to have diabetes than non-Hispanic whites
- 12.1% of Hispanic/Latino adults in the United States have diagnosed diabetes
12.7% of non-Hispanic black adults in the United States have diagnosed diabetes
- Among Hispanic adults, the age-adjusted rate of diagnosed diabetes was 8.5% for Central and South Americans, 9.0% for Cubans, 13.8% for Mexican Americans, and 12.0% for Puerto Ricans
- Among Asian American adults, the age-adjusted rate of diagnosed diabetes was 4.3% for Chinese, 8.9% for Filipinos, 11.2% for Asian Indians, and 8.5% for other Asians
- Among American Indian and Alaska Native adults, the age-adjusted rate of diagnosed diabetes varies by region from 6% among Alaska Natives to 22.2% among American Indians in certain areas of the Southwest

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Diabetes as Cause of Death

- Diabetes is the primary cause of death for 79,535 Americans each year
- Diabetes contributes to the death of 252,806 Americans annually (combining death certificates that list diabetes as the primary and a contributing cause of death)

Cost of Diabetes

- \$245 billion, the total economic burden in 2012 in the U.S. of the cost of diagnosed diabetes, including \$176 billion in direct costs and \$69 billion in indirect costs (disability, work loss, premature mortality)
- \$322 billion, the total economic burden in 2012 in the U.S. of the cost of diagnosed diabetes, undiagnosed diabetes, prediabetes, and gestational diabetes
- Individuals with diagnosed diabetes have health care costs 2.3 times higher than someone without 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
- The average price of insulin nearly tripled between 2002 and 2013

Complications of Diabetes

- In 2014, about 245,000 emergency room visits for adults aged 18 years or older had hypoglycemia as the first-listed diagnosis and diabetes as another diagnosis
- In 2014, about 207,000 emergency room visits for people of all ages had hyperglycemic crisis as the first-listed diagnosis

- Annually, 50,100 Americans begin treatment for kidney failure due to diabetes
- 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 108,000 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 have type 1 diabetes; approximately 90-95% has type 2 diabetes (1-5% have other, rare types)
- Approximately 1.25 million American children and adults have type 1 diabetes
- Among adults with diagnosed diabetes, 17.2% take insulin only, 15.1% take both insulin and oral medication, 50.6% take oral medication only, and 17.1% do not take either insulin or oral medication
- Approximately 7.4 million Americans are treated with insulin
- 85.2% of people with type 2 diabetes are overweight or obese
- Diabetes kills more Americans every year than AIDS and breast cancer combined
- A person with diagnosed diabetes at age 50 dies, on average, six years earlier than a peer without diabetes