

Diabetes Facts & Figures

There are 16 million people in the United States who have diabetes. Unfortunately, 5 million of those don't know it.

With so many people affected by diabetes, the American Diabetes Association has compiled statistics on the impact of diabetes and its complications.

The Impact of Diabetes

There are 15.7 million people or 5.9% of the population in the United States who have diabetes. While an estimated 10.3 million have been diagnosed, unfortunately, 5.4 million people are not aware that they have the disease. Each day approximately 2,200 people are diagnosed with diabetes. About 798,000 people will be diagnosed this year. Diabetes is the seventh leading cause of death (sixth-leading cause of death by disease) in the United States. Based on death certificate data, diabetes contributed to 198,140 deaths in 1996. Diabetes is a chronic disease that has no cure.

Diabetes is a Silent Killer

Many people first become aware that they have diabetes when they develop one of its life-threatening complications.

- **Blindness:** Diabetes is the leading cause of new cases of blindness in people ages 20-74. Each year, from 12,000 to 24,000 people lose their sight because of diabetes.
- **Kidney Disease:** Diabetes is the leading cause of end-stage renal disease, accounting for about 40% of new cases. In 1995, approximately 27,900 people initiated treatment for end stage renal disease (kidney failure) because of diabetes.
- **Nerve Disease and Amputations:** About 60-70 percent of people with diabetes have mild to severe forms of diabetic nerve damage, which, in severe forms, can lead to lower limb amputations. In fact, diabetes is the most frequent cause of non-traumatic lower limb amputations. The risk of a leg amputation is 15-40 times greater for a person with diabetes. Each year, more than 56,000 amputations are performed among people with diabetes.
- **Heart Disease and Stroke:** People with diabetes are 2 to 4 times more likely to have heart disease which is present in 75 percent of diabetes-related deaths (more than 77,000 deaths due to heart disease annually). And, they are 2 to 4 times more likely to suffer a stroke.



The Hartford Hospital Diabetes Awareness and Screening Program,
A program of Diabetes LifeCare and The Institute for Outcomes
Research and Evaluation at Hartford Hospital
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Definition

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes is a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

- **Type 2:** A metabolic disorder resulting from the body's inability to make enough, or properly use, insulin. It is the most common form of the disease. Type 2 diabetes accounts for 90-95 percent of diabetes. Type 2 diabetes is nearing epidemic proportions, due to an increased number of older Americans, and a greater prevalence of obesity and sedentary lifestyles.

Who is at Greater Risk for Type 2 Diabetes?

- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides
- Certain racial and ethnic groups (e.g., African Americans, Latinos, Asian & Pacific Islanders, and Native Americans)
- Women who had gestational diabetes, a form of diabetes occurring in 2-5 percent of all pregnancies, or who have had a baby weighing 9 pounds or more at birth

Type 2 diabetes is more common among these ethnic groups:

- **African Americans:** African Americans are 1.7 times as likely to have Type 2 diabetes as the general population. An estimated 2.3 million African Americans, or 10.8%, have diabetes.
- **Latinos:** Latinos are almost twice as likely to have Type 2 diabetes. For example, diabetes affects 1.2 million or 10.6% of the Mexican American population.
- **Native Americans:** Overall prevalence of Type 2 diabetes in Native Americans is 12.2% vs. 5.2% of the general population. In some tribes, 50% of the population has diabetes.

* Often people with Type 2 diabetes have no symptoms.

[Http://www.diabetes.org/March13,2002](http://www.diabetes.org/March13,2002)



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