



It's common

- **More than 18 million Americans have diabetes.** An additional 41 million have pre-diabetes (impaired glucose tolerance and/or impaired fasting glucose), a condition that often leads to diabetes if left untreated.
- Type 2 diabetes accounts for up to 95% of all diabetes cases, affecting 18.3% of those aged 60 and older. **The prevalence of type 2 diabetes has tripled in the last 30 years.**

It's increasing at an alarming rate

- **Among U.S. adults, diabetes prevalence rates rose 49% from 1990 to 2000.** Rates are expected to continue to rise based on current trends in obesity, physical inactivity and the aging of the baby boomer population.
- Type 2 diabetes, formerly called adult-onset diabetes, is **increasingly being diagnosed among children and teenagers.**
- **Each day, approximately 2,200 people are diagnosed with diabetes.**

It's serious

- Diabetes is the **6th leading cause of death** in America.
- Overall, the **risk of death for people with diabetes is about 2 times that for people without diabetes.**

It's costly

- The **total annual cost of diabetes in medical expenditures and lost productivity in 2002 was \$132 billion, up from \$98 billion in 1997.**
- The per capita annual costs of health care for people with diabetes rose from \$10,071 in 1997 to \$13,243 in 2002, an increase of more than 30 percent. In contrast, health care for people without diabetes amounted to \$2,560 in 2002.

**Direct Costs:**

- Estimated at \$92 billion in 2002, compared to \$44 billion in 1997. This represents 19% of total personal healthcare expenditures.
- \$40.3 billion was spent for inpatient hospital care and \$13.8 billion for nursing home care.
- The average length of stay for patients with a primary diagnosis of diabetes was 56% shorter for team-managed patients (team to consist of a physician, nurse and a dietitian, at least one of whom is a certified diabetes educator) than for patients managed by an internist alone and 35% shorter than for patients seen only by an endocrinologist.

**Indirect Costs**

- Estimated at \$40 billion in 2002.
- In 2002, diabetes accounted for a loss of nearly 88 million disability days.
- In 2002, 176,000 cases of permanent disability were caused by diabetes, at a cost of \$7.5 billion.

### It particularly impacts minority populations

- African Americans are 1.7 times as likely to have type 2 diabetes.
- Hispanics are 1.5 times as likely to have type 2 diabetes.
- American Indians and Alaskan Natives are more than twice as likely to have diabetes. The overall prevalence of type 2 diabetes in Native Americans is 14.9%, and in some tribes, 50% have the disease.

### It's preventable

- **Diabetes complications can be prevented altogether or at least delayed in most cases** with early intervention and proper treatment. Premature death can also be prevented or delayed.
- **Diabetes treatment is 95% self-care.** Health maintenance depends upon how well people with diabetes pursue their own self-management.
- Recent research shows that **modest physical activity and healthy eating can cut a person's risk for developing type 2 diabetes by up to 60%.**

### Prevention potential for diabetes complications

| Potential Complications              | Percent Preventable   |
|--------------------------------------|---|
| Kidney failure                       | <b>50%</b><br>(with better control of blood pressure and blood glucose levels)  |
| Blindness                            | <b>up to 90%</b><br>(with proper screening and care)  |
| Amputation                           | <b>up to 85%</b><br>(with implementation of foot care programs that include regular examinations and patient education) |
| Death due to heart disease or stroke | <b>up to 30%</b><br>(with improved control of blood pressure, blood glucose and lipid levels)                           |
| Heart disease and stroke             | <b>up to 50%</b><br>(with improved control of blood pressure and cholesterol and lipid levels)                          |
| Nerve disease                        | <b>40%</b><br>(with a 1% reduction in hemoglobin A1c test)  |