

# Fast Facts: Data and Statistics about Diabetes

## Key Facts

- Over **37 million children and adults** in the United States have diabetes
- 96 million** American adults have prediabetes
- 1.4 million** Americans are diagnosed with diabetes every year
- Nearly **half of American adults** have diabetes or prediabetes

## Diabetes in the United States

- 37.3 million** Americans or **11.3%** of the population have diabetes; that's **1 in 10 Americans**
- 28.7 million** Americans have diagnosed diabetes
- 8.5 million** Americans have undiagnosed diabetes
- 1.4 million** Americans aged 18 years or older are newly diagnosed with diabetes each year, **one every 23 seconds**
- Age 18 years or older: **14.7%** of all people in this age group have diabetes
- 15.9 million**, or about **1 in 3** adults age 65 or older, have diabetes

## Prediabetes

- 1 in 3** U.S. adults aged 18 years or older has prediabetes
- 96 million** Americans aged 18 years or older have prediabetes, and 81% of them don't know they have it

## Diabetes in Youth

- About **283,000** Americans younger than 20 years have diagnosed diabetes (type 1 or type 2) which represents 0.35% of all people in this age group
- 244,000** youth have type 1 diabetes
- More than **18,000** youth are newly diagnosed with type 1 diabetes annually
- Nearly **6,000** youth are newly diagnosed with type 2 diabetes annually

## Racial Disparities

- The rates of diagnosed diabetes in adults by race/ethnic background are:
  - 14.5% of American Indians/Alaskans
  - 12.1% of non-Hispanic blacks
  - 11.8% of Hispanics
  - 9.5% of Asian Americans
  - 7.4% of non-Hispanic whites
- Among Hispanic adults, the age-adjusted rate of diagnosed diabetes was **6.5%** for Cubans, **8.3%** for Central and South Americans, **12.4%** for Puerto Ricans, and **14.4%** for Mexican Americans
- Among Asian American adults, the age adjusted rate of diagnosed diabetes was **5.6%** for Chinese, **10.4%** for Filipinos, **12.6%** for Asian Indians, and **9.9%** for other Asians
- American Indian and Alaska Native women had the highest prevalence of diagnosed diabetes for women at **14.7%**. Non-Hispanic black women were at **12.1%**, Hispanic/Latino women at **12.0%**, non-Hispanic Asian women at **8.6%**, and non-Hispanic white women **6.9%**

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- American Indian and Alaska Native men had a significantly higher prevalence of diagnosed diabetes **14.4%** than Hispanic/Latino men **11.6%**, non-Hispanic black men **12.2%**, non-Hispanic Asian men **10.4%**, and non-Hispanic white men **8.0%**

## Diabetes as Cause of Death

- Diabetes is the primary cause of death for **87,647** Americans each year
- Diabetes contributes to the death of **282,801** Americans annually (combining death certificates that list diabetes as the primary and a contributing cause of death)

## Cost of Diabetes

- \$327 billion** is the total economic burden in 2017 in the U.S. of diagnosed diabetes. This includes **\$237 billion** in direct costs and **\$90 billion** in reduced productivity.
- Individuals with diagnosed diabetes have health care costs **2.3 times higher** than someone without diabetes
- 1 in 7** health care dollars is spent treating diabetes and its complications
- 1 in 4** health care dollars is spent caring for people with diabetes
- The average price of insulin **nearly tripled** between 2002 and 2013

Source: American Diabetes Association: Economic Costs of Diabetes in the United States in 2017. Diabetes Care 36: 1033–1046, 2017.

## Complications of Diabetes

- In 2018, about **242,000** emergency room visits for adults aged 18 years or older had hypoglycemia as the first-listed diagnosis and diabetes as another diagnosis
- In 2018, about **248,000** emergency room visits for people of all ages had hyperglycemic crisis as the first-listed diagnosis
- Annually, **62,012** Americans begin treatment for kidney failure due to diabetes
- More than **60%** of nontraumatic lower-limb amputations occur in people with diabetes
- About **154,000** nontraumatic lower-limb amputations are performed in people with diabetes annually

## Other Statistics

- In the United States, approximately **5-10%** of the population with diagnosed diabetes have type 1 diabetes; approximately **90-95%** has type 2 diabetes (there are other, rare types, that we don't have enough data to estimate accurately)
- Approximately **1.6 million** American adults have type 1 diabetes
- 89.8%** of adults with diagnosed 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