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%
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.

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.