Fast Facts

Data and Statistics about Diabetes

Key Facts

- Over **34 million children and adults** in the United States have diabetes
- **88 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

- **34.2 million** Americans or **10.5%** of the population have diabetes; that’s **1 in 10 Americans**
- **26.8 million** Americans have diagnosed diabetes
- **7.3 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 18 years or older: **13%** of all people in this age group have diabetes
- **14.3 million**, or **1 in 4** adults age 65 or older, have diabetes

Prediabetes

- **1 in 3** U.S. adults aged 20 years or older has prediabetes
- **88 million** Americans aged 20 years or older have prediabetes, and **85%** of them don’t know they have it

Diabetes in Youth

- About **210,000** Americans younger than 20 years have diabetes (type 1 or type 2) which represents **0.25%** of all people in this age group
- 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

- African Americans and Hispanics are over **50% more likely** to have diabetes than non-Hispanic whites
- **12.5%** of Hispanic/Latino adults in the United States have diagnosed diabetes
- **11.7%** of non-Hispanic black adults in the United States have diagnosed diabetes
- 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 **14.8%**
- American Indian and Alaska Native men had a significantly higher prevalence of diagnosed diabetes (**14.5%**) than non-Hispanic black men (**11.4%**), non-Hispanic Asian men (**10.0%**), and non-Hispanic white men (**8.6%**)

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Diabetes as Cause of Death
- Diabetes is the primary cause of death for 83,565 Americans each year.
- Diabetes contributes to the death of 270,702 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 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 2016, about 235,000 emergency room visits for adults aged 18 years or older had hypoglycemia as the first-listed diagnosis and diabetes as another diagnosis.
- In 2016, about 224,000 emergency room visits for people of all ages had hyperglycemic crisis as the first-listed diagnosis.
- Annually, 58,400 Americans begin treatment for kidney failure due to diabetes.
- More than 60% of nontraumatic lower-limb amputations occur in people with diabetes.
- About 130,000 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% have type 2 diabetes (1–5% have other, rare types).
- Approximately 1.4 million American adults have type 1 diabetes.
- Among adults with diagnosed diabetes, 14.9% take insulin only, 14.1% take both insulin and oral medication, 51.7% take oral medication only, and 19% do not take either insulin or oral medication.
- Approximately 6.8 million Americans are treated with insulin. Of those, 2.9 million adults 18 and older use insulin only, 3.8 million use insulin and oral meds, and ~0.1 million youth under age 18 use insulin.
- 89% 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.

For more information and references, go to professional.diabetes.org/FastFacts | 1-800-DIABETES (800-342-2383) 02/2020