

## AMERICAN DIABETES ALERT® DIABETES FACT SHEET

### DIABETES BY THE NUMBERS

- Nearly 21 million children and adults in the United States have diabetes; almost one-third, or 6.2 million people, are unaware they have the disease.
- At least 54 million people have pre-diabetes, a condition that puts them at greatest risk for developing type 2 diabetes.
- If present trends continue, one in three Americans, and 1 in 2 minorities, born in 2000 will develop diabetes in their lifetime.
- Each day, approximately 4,110 people are diagnosed with diabetes.
- In 2005, 1.5 million new cases of diabetes were diagnosed in people age 20 years or older.
- Diabetes is the fifth-deadliest disease in the United States and has no cure. Since 1987 the death rate due to diabetes has increased by 45 percent, while the death rates due to heart disease, stroke, and cancer have declined.
- The total annual economic cost of diabetes in 2002 was estimated to be \$132 billion.

### AT-RISK POPULATIONS 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 (“good”) cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth

### DIABETES COMPLICATIONS

Many people first become aware that they have diabetes when they develop one of its serious and life-threatening complications such as:

- Heart Disease and Stroke
- High Blood Pressure
- Blindness
- Kidney Disease
- Nervous System Damage
- Amputations
- Pregnancy Complications
- Sexual Dysfunction

#### National Office

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#### Diabetes Information

call 1-800-DIABETES (1-800-342-2383)  
online [www.diabetes.org](http://www.diabetes.org)  
The Association gratefully accepts gifts through your will.

#### The Mission of the American

Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.