

AMERICAN DIABETES MONTH®

November is American Diabetes Month®, a time to communicate the seriousness of diabetes and the importance of proper diabetes control. This year, ADM focuses on the deadly complications of diabetes and asks the American public **“Why should you care about diabetes?”** Throughout the month, the American Diabetes Association leverages opportunities both nationally and locally to raise awareness about diabetes and its serious complications such as heart disease, stroke, kidney disease, blindness and amputations.

DIABETES PREVALENCE

Nationwide: 23.6 million people – 7.8% of the population – have diabetes

- Diagnosed: 17.9 million people
- Undiagnosed: 5.7 million people

Minorities

- 14.9 million, 9.8% - non-Hispanic whites aged 20 years or older have diabetes
- 3.7 million, 14.7% - non-Hispanic blacks aged 20 years or older have diabetes
- Hispanic/Latino Americans are **1.8** times more likely to have diabetes than non-Hispanic whites
- African Americans are **1.6** times more likely to have diabetes than non-Hispanic whites

Youth

- Based on 2002–2003 data, 15,000 youth in the United States were newly diagnosed with type 1 diabetes annually, and about 3,700 youth were newly diagnosed with type 2 diabetes annually.
- The rate of new cases among youth was 19.0 per 100,000 each year for type 1 diabetes and 5.3 per 100,000 for type 2 diabetes.

If current trends continue one out of three Americans, and one in two minorities, born in 2000 will develop diabetes in their lifetime.

KEY MESSAGES

- Since 1987 the death rate due to diabetes has increased by 45%, while the death rates due to heart disease, stroke, and cancer have declined.
- Keeping blood glucose, blood pressure, and cholesterol in control can make a difference in reducing your risk for heart attack or stroke.
- Annual dilated eye exams and routine foot exams and blood pressure checks can prevent blindness, amputations, heart disease, kidney disease, and strokes.
- The ADA is the source for diabetes information. Call 1-800-DIABETES (342-2383) or visit www.diabetes.org for information and materials.

Diabetes Information

call 1-888-DIABETES (1-888-342-2383)
online www.diabetes.org

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

DIABETES COMPLICATIONS (Data Source: Centers for Disease Control and Prevention)

Heart disease and stroke

- Heart disease and stroke account for about 65% of deaths in people with diabetes.
- The risk for stroke and death from heart disease is 2 to 4 times higher among people with diabetes.

Kidney disease

- Diabetes is the leading cause of kidney failure, accounting for 44% of new cases in 2005.
- In 2005, 46,739 people with diabetes began treatment for end-stage renal disease.

Amputations

- More than 60% of nontraumatic lower-limb amputations occur in people with diabetes.
- In 2004, about 71,000 nontraumatic lower-limb amputations were performed in people with diabetes.

Blindness

- Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year making diabetes the leading cause of new cases of blindness in adults 20-74 years of age.

PREVENTING OR DELAYING DIABETES COMPLICATIONS

Remember the ABCs

- **A1C** (a measure of average glucose) - Most people with diabetes should get an A1C test at least twice a year, which measures how well blood glucose has been controlled over the past 2-3 months. The goal for most people with diabetes is an A1C less than 7%, which is an estimated average glucose of less than 154 mg/dl.
- **B is for Blood pressure.** High blood pressure makes the heart work too hard and can cause damage to the kidneys and eyes.
How often: At every visit
- **C is for cholesterol.** Bad cholesterol, or LDL, builds up and clogs arteries, leading to heart attacks and strokes.
How often: At least once a year