

American Diabetes Month and World Diabetes Day Fact Sheet

- American Diabetes Month** November is American Diabetes Month (ADM), which is designed to communicate the seriousness of diabetes and the importance of proper diabetes control. ADM also focuses on type 2 diabetes risk factors and prevention, treatment of those diagnosed with the disease, type 1 and type 2, and support for their families. The theme for this year's ADM is "The Many Faces of Diabetes" and throughout the month the ADA leverages opportunities both nationally and locally to raise awareness about a variety of issues relating to diabetes care and treatment.
- World Diabetes Day** In December 2006, the United Nations (UN) General Assembly adopted a Resolution for Diabetes that designated the annual observance of World Diabetes Day on November 14. As a result of the Resolution, the UN officially recognizes and honors World Diabetes Day.
- In designating a World Diabetes Day, the United Nations calls on Member States and other organizations to "observe World Diabetes Day in an appropriate manner, in order to raise public awareness on diabetes and related complications as well as on its prevention and care."
- Diabetes Prevalence**
- Nationwide:** 20.8 million people – 7.0% of the population – have diabetes
- Diagnosed:** 14.6 million people
- Undiagnosed:** 6.2 million people
- Pre-diabetes:** At least 54 million people
- Worldwide:** More than 246 million people have diabetes
- Key Message(s)**
- If current trends continue one out of three Americans, and one in two minorities, born in 2000 will develop diabetes in their lifetime.
 - 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 a proud supporter of the United Nations Resolution on Diabetes and the observance of the first World Diabetes Day on Nov. 14
 - The ADA is the source for diabetes information. Call **1-800-DIABETES** (342-2383) for information and materials.

Who Has Diabetes?

Age of the 20.8 million children and adults with diabetes (includes both diagnosed and undiagnosed):

- Prevalence by Age:
- Under age 20: 176,500
 - Age 20 & older: 20.6 million
 - Age 60 and +: 10.3 million

Prevalence by Race/Ethnicity:

Race/Ethnic Group	Number with Diabetes in persons 20 years and older	% with Diabetes in persons 20 years and older
White (non-Hispanic)	13.1 million	8.7%
African American (non-Hispanic)	3.2 million	13.3%
Hispanic/Latino American	2.5 million	9.5%
American Indians and Alaska Natives	118,000	15.1%
Asian and Pacific Islanders	Prevalence data not available; many groups within these populations at increased risk	Prevalence data limited; many groups within these populations at increased risk