

DIABETES FACT SHEET

- Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environment factors such as obesity and lack of exercise appear to play roles.
- Four types of diabetes exist: type 1 (5-10% of those diagnosed); type 2 (90-95% of those diagnosed); gestational diabetes; “additional types” of diabetes derived from a variety of issues, from genetics to particular illnesses.
- Diabetes is a chronic disease that has no cure. While not all diabetes is preventable, we can improve the lives of those who have the disease while searching for a cure.
- Approximately 21 million Americans are currently battling diabetes, and 54 million adults and children in the U.S. are on the verge of being diagnosed with diabetes.*
- Diabetes is the fastest-growing disease in the country.
- Diabetes is the fifth leading cause of death by disease in the U.S. (2005)
- At current trends, one out of three Americans, and one in two minorities, will develop diabetes in their lifetime.
- Each day, approximately 4,110 people are diagnosed with diabetes, and 613 people die from the disease. Since 1987, the death rate due to diabetes has increased by 45%.
- The United States spends approximately \$132 billion on diabetes-related issues per year. Diabetes alone represents 11% of the U.S. health care expenditure.
- Diabetes can lead to a wide range of other serious health complications, such as heart disease, stroke, high blood pressure, blindness, kidney disease, dental disease, nervous system disease, complications of pregnancy and more.
- Each year more than 80,000 people with diabetes undergo amputation.
- ***The indirect costs of diabetes include:*** nearly 88 million days of disability leave from work; 176,000 cases of permanent disability were caused by diabetes, at a cost of \$7.5 billion; the indirect costs of diabetes are estimated to be \$40 billion.

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Types of Diabetes

Type 1 Diabetes

- Type 1 diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. The warning signs for type I diabetes are frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability
- Type 1 diabetes accounts for 5-10% of all diagnosed cases of diabetes. About one in every 400-600 children and adolescents has type 1 diabetes. There is no known way to prevent type 1 diabetes. To survive, people with type 1 diabetes must have insulin delivered by injection or a pump. Type 1 usually strikes children and young adults, although disease onset can occur at any age. Risk factors for type 1 diabetes may be autoimmune, genetic or environmental. People at greater risk for type 1 diabetes: siblings of people with type 1 diabetes and children of parents with type 1 diabetes.

Type 2 Diabetes

- Type 2 diabetes usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it. The warning signs for type 2 diabetes are: any of the type 1 symptoms, frequent infections, blurred vision, cuts/bruises that are slow to heal; tingling/numbness in the hands/feet; recurring skin, gum, or bladder infections. Often people with type 2 diabetes have no symptoms.
- Type 2 diabetes accounts for approximately 90-95% of all diagnosed cases of diabetes. Type 2 Diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Native Hawaiians or other Pacific Islanders are at a particularly high risk of type 2 diabetes and its complications. Type 2 diabetes is being diagnosed in children and adolescents more frequently, particularly in American Indians, African Americans, and Hispanic/Latino Americans.

Gestational Diabetes

- Gestational diabetes is a form of glucose intolerance diagnosed in some women during pregnancy.
- Gestational diabetes occurs more frequently among African Americans, Hispanic/Latino Americans and American Indians. During pregnancy, gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications in the infant. After pregnancy, 5-10% of women with gestational diabetes are found to have type 2 diabetes. Women who have had gestational diabetes have a 20-50% chance of developing diabetes in the next 5-10 years. 70% of women who have had gestational diabetes will develop type 2 diabetes at some point during their lifetime.

Additional Types of Diabetes

- Other types of diabetes result from specific genetic conditions (such as maturity-onset diabetes of youth), surgery, drugs, malnutrition, infections, and other illnesses. These types of diabetes account for 1-5% of all diagnosed cases.

Pre-diabetes

- Pre-diabetes is a condition that raises the risk of developing type 2 diabetes, heart disease and stroke. People with pre-diabetes have blood glucose levels higher than normal but not high enough to be classified as diabetes. About two million adolescents aged 12-19 have pre-diabetes.

**All statistics as of 2002 unless otherwise noted.*

For more information on the different types of diabetes, go to www.diabetes.org.