Diabetes The Numbers

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National Diabetes Education Program
www.YourDiabetesInfo.org • 1-888-693-NDEP (1-888-693-6337)
A joint program of NIH and CDC
Diabetes: The Numbers

The National Diabetes Education Program
Changing the Way Diabetes is Treated.

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Diabetes Mellitus
What is Diabetes?

• Diabetes is a group of diseases characterized by high levels of blood glucose (blood sugar)

• Diabetes can lead to serious health problems and premature death
Diabetes & Cardiovascular Disease

- Cardiovascular disease is the leading cause of death for people with diabetes
- In adults with diabetes:
  - 68% die of heart disease or stroke
  - the risk for stroke is two to four times higher
  - 67% have high blood pressure
  - smoking doubles the risk for heart disease

National Diabetes Fact Sheet, CDC, 2011.
Diabetes Complications

• Diabetes is the leading cause of:
  – kidney failure
    • 48,374 people with diabetes began treatment for end stage kidney disease in 2008
  – new cases of adult blindness
    • 4.2 million people with diabetes aged 40 and older had diabetic retinopathy in 2005-2008
  – nontraumatic lower-limb amputations
    • Over 65,000 nontraumatic lower-limb amputations were performed in people with diabetes in 2006

National Diabetes Fact Sheet, CDC, 2011.

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The risk of periodontal disease is two to three times higher in adults with diabetes. About one-third of people with diabetes have severe periodontal disease.
Diabetes Complications

- 60% to 70% of people with diabetes have mild to severe nervous system damage
  - Almost 30% of people with diabetes aged 40 years and older have impaired sensation in the feet
- People with diabetes are twice as likely to have depression

National Diabetes Fact Sheet, CDC, 2011.
Common Types of Diabetes

• Type 1 diabetes in adults
  • 5% of diagnosed cases of diabetes
• Type 2 diabetes in adults
  • 90% to 95% of diagnosed cases of diabetes

National Diabetes Fact Sheet, CDC, 2011.

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Common Types of Diabetes

• Gestational Diabetes (GDM)
  • diagnosed during pregnancy
  • 5% to 10% of women with GDM are found to have diabetes, usually type 2, immediately following pregnancy
  • 35% to 60% of women with GDM will develop diabetes in the next 10 to 20 years
  • affects at least 7% of pregnancies

National Diabetes Fact Sheet, CDC, 2011.

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Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

1994
Age-adjusted Percentage of U.S. Adults Who Were Obese or
Who Had Diagnosed Diabetes

1995

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Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

1996
Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

1997

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Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

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2002
Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

2003

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Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

2004
Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

2006

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Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

2007

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Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

2008
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Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

2009

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Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

Obesity (BMI ≥30 kg/m²)

1994

Diabetes

1994

Centers for Disease Control and Prevention: National Diabetes Surveillance System
http://www.cdc.gov/diabetes/statistics

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Millions of years ➡ 27 years
U.S. Diabetes Prevalence
All Ages, 2010

• 25.8 million people have diabetes
  • Diagnosed: 18.8 million people
  • Undiagnosed: 7.0 million people

National Diabetes Fact Sheet, CDC, 2011.

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Estimated percentage of people aged 20 years or older with diagnosed and undiagnosed diabetes, by age group, United States, 2005-2008

Diabetes Incidence

A total of 1.9 million new cases of diabetes were diagnosed in 2010 in the United States among people aged 20 years and older.

National Diabetes Fact Sheet, CDC, 2011.

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American Indians and Alaska Natives & Diabetes

• About 16.1% aged 20 and older who are served by Indian Health Services have diagnosed diabetes
• Rates vary:
  – 5.5% of Alaska Native adults have diabetes
  – 33.5% of American Indian adults in southern Arizona have diabetes

National Diabetes Fact Sheet, CDC, 2011.

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African Americans & Diabetes

- 4.9 million; 18.7% of all African Americans aged 20 and older have diagnosed and undiagnosed diabetes
- Compared to non-Hispanic whites, the risk of diagnosed diabetes is 77% higher among African Americans


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Hispanics/Latinos & Diabetes

• 11.8% of all Hispanics/Latinos aged 20 years and over have diagnosed diabetes

• Rates vary among groups:
  – Cubans & Central and South Americans 7.6%
  – Mexican Americans 13.3%
  – Puerto Ricans 13.8%

National Diabetes Fact Sheet, CDC, 2011.

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Asian Americans and Pacific Islanders & Diabetes

• 8.4% of all Asian Americans have diagnosed diabetes

• Prevalence data for diabetes among Pacific Islanders is limited


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U.S. Diabetes Prevalence
People Younger than 20 Years of Age, 2010

• 215,000 or 0.26% of young people have diabetes
• Type 1 diabetes is more common than type 2, except in American Indian youth
• Type 2 diabetes is extremely rare in youth under 10 years of age
• Type 2 diabetes rates are higher in youth aged 10 to 19 years with higher rates among minority populations compared to non-Hispanic whites

National Diabetes Fact Sheet, CDC, 2011.

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U.S. Diabetes Prevalence
Young people aged 0-9

- Diabetes occurs in less than 1 in 1,000 young people aged 0 to 9 years
- Type 1 diabetes accounts for 97% of diagnosed cases of diabetes in this age group
- Non-Hispanic white youth have the highest rate of new cases of type 1 diabetes

U.S. Diabetes Prevalence
Young people ages 10-19

- Diabetes occurs in 1 in 357 young people aged 10 to 19 years
- Type 1 diabetes accounts for 81% of diagnosed cases in this age group
- Type 2 diabetes accounts for 6% (non-Hispanic white youth) to 76% (American Indian youth) of diagnosed diabetes in this age group

Every 24 Hours...

• 5225 new cases of diabetes are diagnosed

• 180 non-traumatic lower limb amputations are performed

• 133 people begin treatment for end-stage renal disease

• 634 people die of diabetes or diabetes is a contributing cause of death

National Diabetes Fact Sheet, CDC, 2011.

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Preventing Diabetes Complications

- Blood glucose control
- Blood pressure control
- Blood lipid control
- Preventive care practices for eyes, kidneys, feet, teeth, and gums

National Diabetes Fact Sheet, CDC, 2011.

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What is insulin resistance? A reduced response to circulating insulin.

Liver → Glucose output
Muscle → ↓ Glucose uptake
Adipose tissue → ↓ Glucose uptake

Hyperglycemia
Percentage of adults with diagnosed diabetes receiving treatment, United States 2007-2009

- 58% Insulin and oral medication
- 16% Insulin only
- 14% Oral medication only
- 12% No medication

Source: 2007–2009 National Health Interview Survey
Questions?

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“Where Excellence Meets Caring”

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