

# Diabetes in the United States

## Statistics 2007

**Total:** 23.6 million people in the United States or 7.8% of the population have diabetes.

**Diagnosed:** 17.9 million people

**Undiagnosed:** 5.7 million people

### **Prevalence of diagnosed and undiagnosed diabetes**

**Age 20 years or older:** 23.5 million or 10.7% of all people in this age group have diabetes.

**Age 60 years or older:** 12.2 million or 23.1% of all people in this age group have diabetes.

**Men:** 12.0 million or 11.2% of all men aged 20 years or older have diabetes.

**Women:** 11.5 million or 10.2% of all women aged 20 years or older have diabetes.

**Under Age 20:** About 186,300 people. This represents 0.2% of all people in this age group. Estimates of undiagnosed diabetes are unavailable for this age group. Incidence of diabetes diagnoses are increasing in this population.

**Alaska:** over 6% of the population has been diagnosed with diabetes. These rates are on the increase, especially in the Native Alaskan population. Change in diet and activity levels have significantly contributed to this increase.

## Some Facts

- Diabetes was the seventh leading cause of death listed on U.S. death certificates in 2006.
- Diabetes is likely to be underreported as a cause of death.
- Overall, the risk for death among people with diabetes is about twice that of people without diabetes of similar age.
- Diabetes can lead to other health concerns, such as blindness, heart disease, stroke, high blood pressure, kidney damage, nerve damage, amputation, dental disease and pregnancy complications.
- Progression to diabetes among those with pre-diabetes is not inevitable. Studies have shown that people with pre-diabetes who lose weight and increase their physical activity can prevent or delay diabetes and return their blood glucose levels to normal.

## Ways to prevent diabetes

**Move More:** Get up, get out, and get moving. Start with stretching, try walking, dancing, bike riding, swimming, or playing ball with your friends or family. Park farther away from the store, take the stairs, just move.

**Eat the healthy way:** Focus on eating less and making healthy food choices.

**Take off some weight:** By losing even 10 pounds, you can cut your chances of getting diabetes.

**Set goals you can meet:** Start by making small changes. Talk to your health care team about your goals.

**Record your progress:** Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to lose weight and keep it off.

**Get help.** You don't have to prevent diabetes alone. Ask your family and friends to help you.

**Keep at it.** Making even small changes is hard in the beginning. Try adding one new change a week.

<http://www.health.state.ny.us/publications/0929.pdf>

<http://www.ncsl.org/programs/health/Diabetesstaterates.htm>

[http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2007.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf)