

STATS AND FACTS: Diabetes in the U.S.



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Type 2 Diabetes

is a chronic disease in which the body's cells become resistant to insulin, resulting in above-normal blood glucose (sugar) levels. Over time, high blood glucose can cause health problems such as heart disease, stroke, and serious complications including kidney failure, lower limb amputations, and blindness.

Prediabetes

is a condition in which blood glucose levels are higher than normal, but not yet high enough for a diagnosis of type 2 diabetes. Prediabetes increases the risk for type 2 diabetes, heart disease, and stroke. By following the advice of a healthcare provider, prediabetes is often reversible.

Note: While the following estimates from the Centers for Disease Control and Prevention (CDC) include both type 1 and type 2 diabetes, only 5 percent of adults are classified as having type 1 diabetes. Thus, the data largely represents type 2 diabetes. ¹

More than 38.4 million people in the U.S., or 11.5 percent of the population, have diabetes.

Over the last 20 years, diabetes has more than tripled as the population has aged and become more overweight.

An estimated 97.6 million U.S. adults (one in three) have prediabetes.

Nearly 90 percent of people with prediabetes don't know they have it.

27.2 million adults (48.8 percent or nearly half) ages 65 or older have prediabetes.

More men (41 percent) than women (32 percent) have prediabetes.

Obesity and Diabetes

Obesity plays a significant role in causing diabetes and type 2 diabetes. ²

Obesity and type 2 diabetes are interrelated diseases, largely preventable, and both significantly increase a person's risk of heart disease and stroke. ³

Economic Costs ⁴

Diabetics' healthcare costs are 2.6 times more, on average, than people without diabetes.

Diabetes is the most costly chronic illness in the U.S. The total estimated cost of diabetes care in 2022 was \$412.9 billion, a 26.2% increase from 2017.

(1) Centers for Disease Control and Prevention. *National Diabetes Statistics Report, 2017*. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Dept of Health and Human Services; 2017.
(2) Boles, A., Kandimalla, R., & Reddy, P. H. (2017). *Dynamics of diabetes and obesity: Epidemiological perspective*. *Biochimica et biophysica acta. Molecular basis of disease*, 1863(5), 1026–1036.
(3) Bhupathiraju, S. N., & Hu, F. B. (2016). *Epidemiology of Obesity and Diabetes and Their Cardiovascular Complications*. *Circulation research*, 118(11), 1723–1735.
(4) American Diabetes Association. *Economic Costs of Diabetes in the U.S. in 2022*.

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