

Diabetes Fact Sheet

Did you Know?

- 17 million people have diabetes (6.2 percent of the total population)
- 16.9 million of people with diabetes are over the age of 20
- 7 million of those people are over the age of 65
- 7.8 million men have diabetes (8.3 percent of all men)
- 9.1 million women have diabetes (8.9 percent of all women)
- 1 million new cases of diabetes are diagnosed every year
- 19 percent of all deaths in the United States among people 25 years and older occurred in people with diabetes
- The risk of death among people with diabetes is two times greater than among people without diabetes
- \$132 billion has been spent to date on diabetes treatments and associated costs

What is Diabetes?

Diabetes Mellitus is a group of diseases characterized by high glucose levels that are a result of the body's inability to produce insulin, use it properly, or both.

Types of Diabetes

Type 1 diabetes (also known as insulin-dependent diabetes or juvenile onset diabetes):

- Develops when the body's immune system destroys the cells of the pancreas that make the insulin that regulates blood glucose levels
- Usually strikes children and young adults
- Requires treatment with insulin injections several times a day
- Accounts for 5 – 10 percent of all cases of diabetes

Type 2 diabetes (also known as non-insulin dependent diabetes mellitus or adult onset diabetes):

- Usually begins as a disorder in which insulin is not used properly by cells in the body, which may lead to the pancreas losing its ability to produce insulin
- Accounts for 90 – 95 percent of all diagnosed cases of diabetes
- Risk factors associated with Type 2 diabetes include old age, obesity, family history of diabetes, physical inactivity and race/ethnicity.

Treatment of Diabetes

- Type 1 diabetes must be treated with insulin delivered by a pump or injections.
- Type 2 diabetes can be controlled by following a careful diet and exercise program, losing weight and taking oral medication.
- People with diabetes may need to take medications to control blood pressure and cholesterol levels.
- Testing your blood sugar, as directed by your physician, is a key to treating your diabetes, because it assists your physician in prescribing medication.

Complications of Diabetes

- Heart Disease — Leading cause of diabetes-related deaths. Death rates for those with diabetes are two to four times higher among adults without diabetes.
- Stroke — Risk is two to four times higher among people with diabetes.
- High Blood Pressure — 73 percent of people with diabetes have high blood pressure, or take medication for high blood pressure.
- Blindness — Diabetes is the leading cause of new cases of blindness in the United States among people 20-74 years old.
- Kidney Disease — Diabetes is the leading cause of end-stage disease of the kidneys, and accounts for 43 percent of new cases diagnosed each year.
- Nervous System Disease — 60-70 percent of people with diabetes have mild-to-severe forms of nerve damage.
- Amputations — 60 percent of non-traumatic amputations of lower limbs occur among people with diabetes.
- Prevention is the key!
- Glucose Control — For every one percent reduction in the results of HbA1c blood tests, the risk of developing complications like eye, kidney and nerve diseases is reduced by 40 percent.
- Blood Pressure Control — Controlling blood pressure can reduce the potential for heart disease and stroke by 30-50 percent, and can reduce the chance of developing eye, kidney and nerve diseases by approximately 33 percent.
- Cholesterol and Triglycerides Control — Can reduce the chance of cardiovascular complications by 12 percent.
- Preventative Care for Eyes, Kidneys and Feet — Detection and treatment of eye disease can reduce the development of severe vision loss by 50 percent. Foot care programs can reduce amputation rates by 45-85 percent. Detection and treatment of early diabetic kidney disease can reduce the chance of kidney failure by 30-70 percent.

Source: American Diabetes Association.

Diabetes Facts: Florida

- In 2005, 8.8 percent of the Florida adult population age 18 years and older were told by a doctor that they have diabetes.
- In 2005, the percent of males with diabetes (9 percent) was similar to the percent of females (8.7 percent).
- In 2005, more non-Hispanic blacks (14.3 percent) than either non-Hispanic whites (8.2 percent) or Hispanics (8.6 percent) were told they have diabetes.
- In 2005, the prevalence of diabetes increased with increasing age.
- Approximately 18 percent of those age 65 years or older have diabetes.
- In 2005, a higher percent of those with less than a high school education (13.2 percent) had diabetes than those with some college (8.3 percent) or college graduates (7.1 percent).
- In 2005, 32 percent of adults diagnosed with diabetes did not have their feet checked for sores or irritations at least once in the past 12 months.
- In 2005, 53.3 percent of adults diagnosed with diabetes had not taken a course or class in how to manage their diabetes.
- In 2005, 6.6 percent of adults diagnosed with diabetes never had a dilated retinal exam.
- In 2005, 18.7 percent of adults diagnosed with diabetes never had their hemoglobin A1C checked in the past 12 months.
- In 2004 in Florida, diabetes was the sixth leading cause of death. Age-adjusted death rates for diabetes have remained stable over the past ten years. In 2004, the age-adjusted death rate was 20.7 deaths per 100,000 population.
- In 2002 in Florida, the cost of diabetes was estimated to be \$8.3 billion.

Source: Florida Diabetes Prevention and Control Program. www.doh.state.fl.us/family/DCP/index.html.