



Diabetes Foot Facts

PREVALENCE OF DIABETES

TOTAL: 18.2 million people - 6.3% of the population - have diabetes.

DIAGNOSED: 13 million people

UNDIAGNOSED: 5.2 million people

PREVALENCE OF DIABETES AMONG PEOPLE UNDER 20 YEARS OF AGE

- About 210,000 people less than 20 years of age have diabetes. This represents 0.26% of all people in this age group.
- Approximately one in every 400 to 500 children and adolescents has type 1 diabetes.
- Clinic-based reports and regional studies indicate that type 2 diabetes is becoming more common among Native American/American Indian, African American, and Hispanic and Latino children and adolescents.

PREVALENCE OF DIABETES AMONG PEOPLE 20 YEARS OR OLDER

- **AGE 20 YEARS OR OLDER:** 18 million. 8.7% of all people in this age group have diabetes.
- **AGE 60 YEARS OR OLDER:** 8.6 million. 18.3% of all people in this age group have diabetes.
- **MEN:** 8.7 million. 8.7% of all men aged 20 years or older have diabetes.
- **WOMEN:** 9.3 million. 8.7% of all women aged 20 years or older have diabetes.

PREVALENCE OF DIABETES BY RACE/ETHNICITY AMONG PEOPLE 20 YEARS OR OLDER

- **NON-HISPANIC WHITES:** 12.5 million. 8.4% of all non-Hispanic whites aged 20 years or older have diabetes.
- **NON-HISPANIC BLACKS:** 2.7 million. 11.4% of all non-Hispanic blacks aged 20 years or older have diabetes. On average, non-Hispanic blacks are 1.6 times more likely to have diabetes than non-Hispanic whites of similar age.
- **HISPANIC/LATINO AMERICANS:** 2 million. 8.2% of all Hispanic/Latino Americans aged 20 years or older have diabetes. On average, Hispanic/Latino Americans are 1.5 times more likely to have diabetes than non-Hispanic whites of similar age.
- **AMERICAN INDIANS AND ALASKA NATIVES WHO RECEIVE CARE FROM THE INDIAN HEALTH SERVICE (IHS):** 107,775. 14.5% of American Indians and Alaska Natives aged 20 years or older receiving care from IHS have diabetes. On average, American Indians and Alaska Natives are 2.2 times more likely to have diabetes than non-Hispanic whites of similar age.
- **ASIAN AMERICANS AND NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDERS:** Prevalence data for diabetes among Asian Americans and Native Hawaiians or other Pacific Islanders are limited. Some groups within these populations are at increased risk for diabetes.

COMPLICATIONS OF DIABETES

HEART DISEASE

- Heart disease is the leading cause of diabetes-related deaths. Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes.

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STROKE

- The risk for stroke is 2 to 4 times higher among people with diabetes.

HIGH BLOOD PRESSURE

- About 73% of adults with diabetes have blood pressure greater than or equal to 130/80 millimeters of mercury (mm Hg) or use prescription medications for hypertension.

BLINDNESS

- Diabetes is the leading cause of new cases of blindness among adults 20-74 years old.
- Diabetic retinopathy causes from 12,000 to 24,000 new cases of blindness each year.

KIDNEY DISEASE

- Diabetes is the leading cause of treated end-stage renal disease, accounting for 43% of new cases.
- In 2000, a total of 129,183 people with diabetes underwent dialysis or kidney transplantation.

NERVOUS SYSTEM DISEASE

- About 60% to 70% of people with diabetes have mild to severe forms of nervous system damage. The results of such damage include impaired sensation or pain in the feet or hands, slowed digestion of food in the stomach, carpal tunnel syndrome, and other nerve problems.

AMPUTATIONS

- More than 60% of nontraumatic lower-limb amputations in the United States occur among people with diabetes.
- From 2000-2001, about 82,000 nontraumatic lower-limb amputations were performed each year among people with diabetes.

COST OF DIABETES IN THE UNITED STATES

TOTAL (DIRECT AND INDIRECT): \$132 billion

DIRECT MEDICAL COSTS: \$92 billion

INDIRECT COSTS: \$40 billion (disability, work loss, premature mortality)

TREATMENT OF DIABETES

- In order to survive, people with type 1 diabetes must have insulin delivered by a pump or injections.
- Many people with type 2 diabetes can control their blood glucose by following a careful diet and exercise program, losing excess weight, and taking oral medication.
- Many people with diabetes also need to take medications to control their cholesterol and blood pressure.

PREVENTION OF DIABETES

Research studies in the United States and abroad have found that lifestyle changes can prevent or delay the onset of type 2 diabetes among high-risk adults. Lifestyle interventions included diet and moderate-intensity physical activity (such as walking for 2 ½ hours each week).

The data in this fact sheet were derived from various surveys of the Centers for Disease Control and Prevention (CDC) -- the National Health Interview Survey (NHIS), the National Health and Nutrition Examination Surveys (NHANES III and NHANES 1999-2000), the National Hospital Discharge Survey, and surveys conducted through the Behavioral Risk Factor Surveillance System. Other data sources include CDC's National Vital Statistics Systems, the outpatient database of the Indian Health Service (IHS), the U.S. Renal Data System of the National Institutes of Health (NIH), and published studies. Many of the estimates were calculated from these data sources by CDC and NIH staff.