

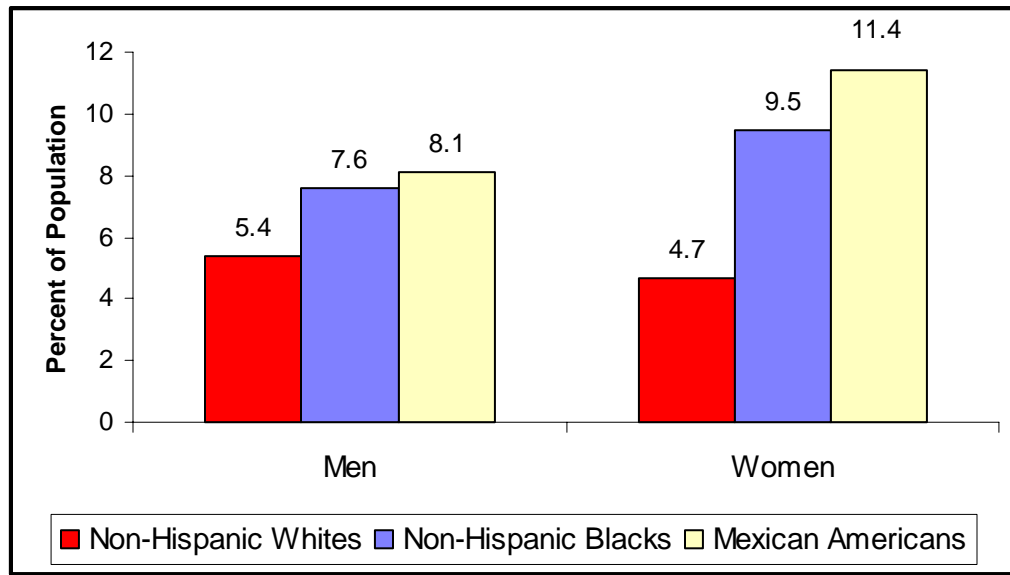
Statistical Fact Sheet — Risk Factors

Diabetes Mellitus — Statistics

(ICD/10 codes E10-E14) (ICD/9 code 250)

Age-Adjusted Prevalence of Physician-Diagnosed Diabetes in Americans Age 20 and Older by Sex and Race/Ethnicity

NHANES III: 1988-94



Source: CDC/NCHS

Note: Death rates are age-adjusted per 100,000 population, based on the 2000 U.S. standard. Some data are reported according to ICD/9 codes and some use ICD/10 codes.

- 11.1 million Americans have **physician-diagnosed diabetes**:
 - 5.1 million males.
 - 6.0 million females.
 (NHANES III [1988-94], CDC/NCHS)
- Among Americans age 20 and older, the following have **physician-diagnosed diabetes**:
 - For non-Hispanic whites, 5.4 percent of men and 4.7 percent of women.
 - For non-Hispanic blacks, 7.6 percent of men and 9.5 percent of women.
 - For Mexican Americans, 8.1 percent of men and 11.4 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- Among Americans age 18 and older, the median percentages who've been told by a professional that they have diabetes are
 - For Hispanics, 5.5 percent.
 - For Asian/Pacific Islanders, 4.6 percent.
 - For American Indians/Alaska Natives, 7.6 percent.

(BRFSS [1997], CDC/NCHS)

- Among American Indians ages 45-74, the following have diabetes mellitus:
 - 43.5 percent of men.
 - 52.4 percent of women.

In the same age group, the following have impaired glucose tolerance (pre-diabetes):

- 14.2 percent of men.
- 17.4 percent of women.

(SHS [1989-92], NHLBI)

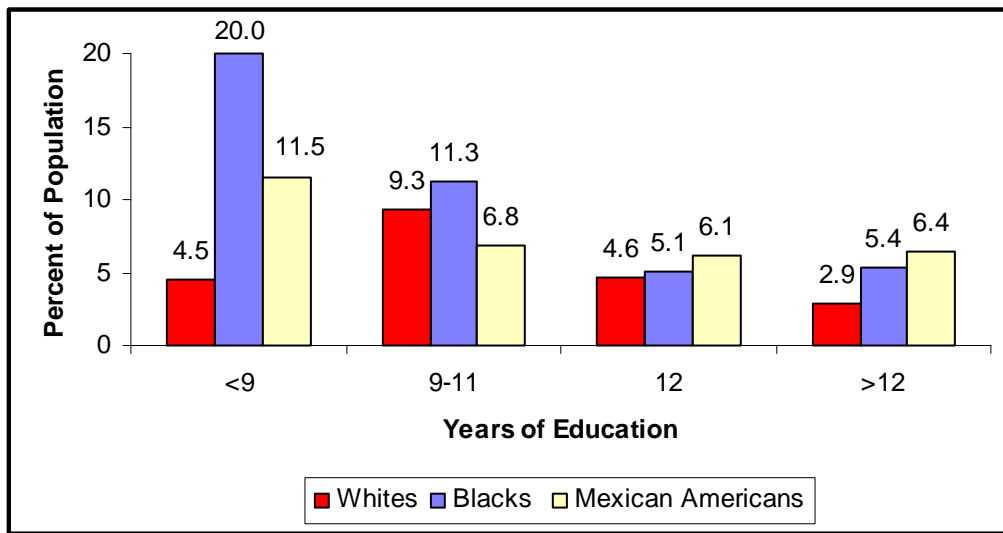
- Among Japanese-American men ages 71-93,
 - 17 percent have recognized diabetes.
 - 19 percent have unrecognized diabetes.
 - 32 percent have impaired glucose tolerance (pre-diabetes).

(HHP [1991-93], NHLBI)

- The risk of diabetes for Mexican Americans and non-Hispanic blacks is almost twice that for non-Hispanic whites. (NHANES III [1988-94], CDC/NCHS)
- Compared with white women, black women have 138 percent higher rates of ambulatory medical care visits for diabetes. (NCHS, 2001)

Prevalence of Non-Insulin Dependent (Type 2) Diabetes in Women Ages 25-64 by Education and Race/Ethnicity

NHANES III: 1988-94



Source: *Ethnic and socioeconomic differences in cardiovascular disease risk factors for women from the Third National Health and Nutrition Examination Survey, 1988-1994. JAMA, 1998;280:356-362.*

- An estimated 5.9 million Americans have **undiagnosed diabetes**, using American Diabetes Association criteria of fasting blood glucose of 126 mg/dL or more:
 - 3.1 million men.
 - 2.8 million women.

Estimates are age-adjusted based on glucose tests of persons not previously diagnosed by a physician. (NHANES III [1988-94], CDC/NCHS)

- Among Americans age 20 and older, the following have **undiagnosed diabetes**:
 - For non-Hispanic whites, 3.0 percent of men and 2.1 percent of women.
 - For non-Hispanic blacks, 2.8 percent of men and 4.7 percent of women.
 - For Mexican Americans, 5.8 percent of men and 3.9 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- An estimated 14.5 million Americans have **pre-diabetes**, using American Diabetes Association criteria of fasting blood glucose of 110 to less than 126 mg/dL:
 - 8.8 million men.
 - 5.8 million women.

Estimates are age-adjusted. Pre-diabetes also includes impaired glucose tolerance. (NHANES III [1988-94], CDC/NCHS)
- Among Americans age 20 and older, the following have **pre-diabetes**:
 - For non-Hispanic whites, 9.4 percent of men and 4.8 percent of women.
 - For non-Hispanic blacks, 8.0 percent of men and 6.8 percent of women.
 - For Mexican Americans, 12.1 percent of men and 6.7 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- 798,000 new cases of non-insulin dependent (type 2) diabetes are diagnosed every year.
- In 2001 diabetes killed 71,372 Americans.
 - 32,841 male deaths (46.0 percent of total deaths from diabetes).
 - 38,531 female deaths (54.0 percent of total deaths from diabetes).
- The 2000 overall death rate from diabetes was 25.3. Death rates were
 - 26.2 for white males.
 - 20.5 for white females.
 - 49.9 for black males.
 - 48.1 for black females.
- Two-thirds to three-fourths (65–75 percent) of people with diabetes mellitus die of some form of heart or blood vessel disease.
- 562,000 Americans diagnosed with diabetes mellitus were discharged from short-stay hospitals in 2000. Discharges include people both living and dead.
 - 271,000 males.
 - 291,000 females.

Note: In U.S. government statistics, “Hispanic” includes persons who trace their ancestry to Spanish-speaking countries or other Spanish cultures, regardless of race. It doesn’t include people from countries where Spanish is not the first language.

Source Footnotes

BRFSS – Behavioral Risk Factor Surveillance Study

CDC/NCHS – Centers for Disease Control and Prevention/National Center for Health Statistics

HHP – Honolulu Heart Program

JAMA – *Journal of the American Medical Association*

NCHS – National Center for Health Statistics

NHANES – National Health and Nutrition Examination Survey

NHLBI – National Heart, Lung, and Blood Institute

SHS – Strong Heart Study