

Statistical Fact Sheet

2013 Update

Diabetes

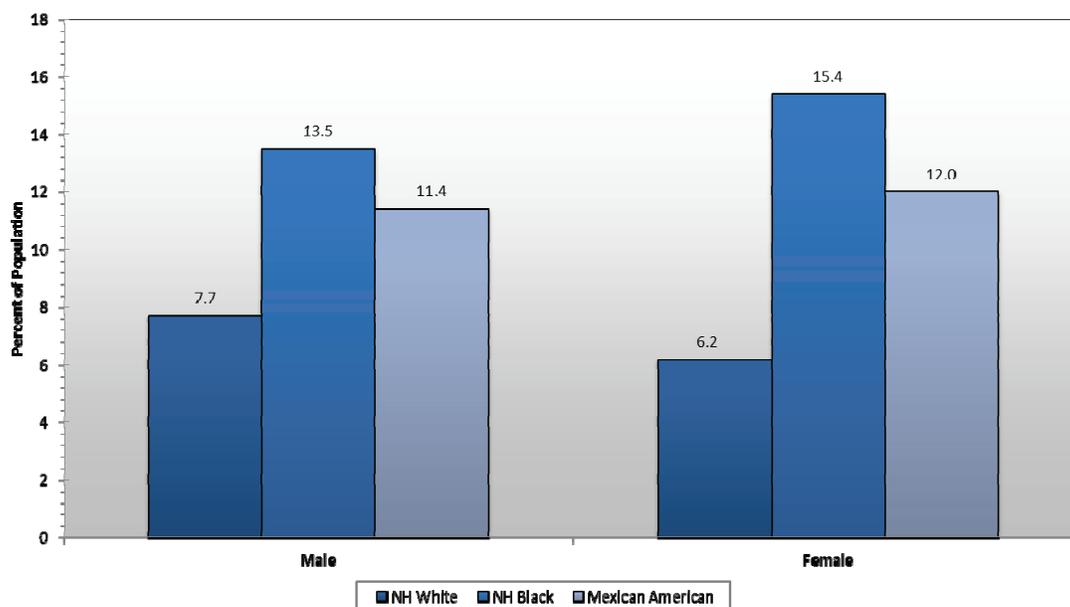
Youth

- Approximately 186,000 people <20 years of age have diabetes.
- Each year, about 15,000 people <20 years of age are diagnosed with type 1 diabetes. Healthcare providers are finding more and more children with type 2 diabetes, a disease usually diagnosed in adults ≥40 years of age.
- Children who develop type 2 diabetes are typically overweight or obese and have a family history of the disease. Most are American Indian, black, Asian, or Hispanic/Latino.
- Among adolescents 10 to 19 years of age diagnosed with diabetes, 57.8% of blacks were diagnosed with type 2 versus type 1 diabetes compared with 46.1% of Hispanic and 14.9% of white youths.

Adults

- In 2010, 19.7 million Americans ≥ 20 years of age had physician-diagnosed diabetes:
 - 9.6 million men
 - 10.1 million women
- Among Americans age 20 and older, the following have physician-diagnosed diabetes:
 - For non-Hispanic whites, 7.7% of men and 6.2% of women.
 - For non-Hispanic blacks, 13.5% of men and 15.4% of women.
 - For Mexican Americans, 11.4% of men and 12.0% of women.

Prevalence of physician-diagnosed diabetes mellitus in adults ≥20 years of age



Source: NHANES 2007–2010, NCHS.

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- An estimated 8.2 million Americans have undiagnosed diabetes, using American Diabetes Association criteria of fasting blood glucose of 126 mg/dL or more:
 - 5.3 million men.
 - 2.9 million women.
- Among Americans age 20 and older, the following have undiagnosed diabetes:
 - For non-Hispanic whites, 4.5 percent of men and 1.8 percent of women.
 - For non-Hispanic blacks, 4.8 percent of men and 2.9 percent of women.
 - For Mexican Americans, 6.6 percent of men and 4.7 percent of women.
- An estimated 87.3 million Americans have pre-diabetes, using American Diabetes Association criteria of fasting blood glucose of 100 to less than 126 mg/dL:
 - 50.7 million men.
 - 33.6 million women.
- Among Americans age 20 and older, the following have pre-diabetes:
 - For non-Hispanic whites, 47.7 percent of men and 30.0 percent of women.
 - For non-Hispanic blacks, 35.7 percent of men and 29.0 percent of women.
 - For Mexican Americans, 47.0 percent of men and 31.9 percent of women.
- 1.9 million new cases of diabetes are diagnosed every year.
- In 2009, diabetes killed 68,705 Americans.
 - 35,054 male deaths (51.0% of total deaths from diabetes).
 - 33,651 female deaths (49.0% of total deaths from diabetes).
- At least 68% of people >65 years of age with diabetes die of some form of heart disease; 16% die of stroke.
- Heart disease death rates among adults with diabetes are 2 to 4 times higher than the rates for adults without diabetes
- In 2010, 630,000 Americans (311,000 males; 319,000 females) diagnosed with diabetes mellitus were discharged from short-stay hospitals. Discharges include people discharged alive, dead and of unknown status.

For additional information, charts and tables, see Chapter 10
[*Heart Disease & Stroke Statistics - 2013 Update.*](#)

Additional charts may be downloaded directly from the online publication at:
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad> Or at: www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

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If you have questions about statistics or any points made in the 2013 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org.

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