

WHAT IS DIABETES?

Diabetes is a chronic, debilitating disease affecting every organ system. There are two major types of diabetes: type 1 and type 2. Type 1 diabetes is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. Type 1 diabetes usually strikes in childhood, adolescence, or young adulthood, but lasts a lifetime. People with type 1 diabetes must take multiple injections of insulin daily or continuous infusion of insulin through a pump just to survive. Type 2 diabetes is a metabolic disorder in which a person's body still produces insulin but is unable to use it effectively. Type 2 is usually diagnosed in adulthood and does not always require insulin injections. However, increased obesity has led to a recent "epidemic" in cases of type 2 diabetes in young adults. Taking insulin does not cure any type of diabetes nor prevent the possibility of its eventual and devastating effects: kidney failure, blindness, nerve damage, amputation, heart attack, and stroke.

THE SCOPE OF DIABETES

Nearly 21 million Americans have diabetes (7 percent of population):

Diagnosed: 14.6 million

Undiagnosed: 6.2 million

As many as 3 million Americans may have type 1 diabetes.[†]

194 million people have diabetes worldwide.

According to World Health Organization Estimates, this number will more than double by 2030.

In the U.S., a new case of diabetes is diagnosed every 30 seconds; more than 1.3 million people are diagnosed each year.

THE COST OF DIABETES

Diabetes is the single most costly chronic disease.

In 2002, diabetes accounted for \$132 billion in health-care costs in the U.S.

Diabetes accounts for 32 percent of all Medicare expenditures.

The "National Bill" for hospital stays related to diabetes totaled \$10.2 billion in 2003.

People with diabetes in the U.S. incur medical expenses that are approximately 2.4 times higher than people without diabetes.

The average length of hospital stays for diabetes with complications in 2003 was 5.5 days, at an average cost of \$20,700.

THE DAMAGE CAUSED BY DIABETES

Attacks Many Organ Systems: Diabetes is the leading cause of kidney failure, adult blindness, and non-traumatic amputations and a leading cause of nerve damage, stroke, and heart attacks.

Increased Risk: People with diabetes are two to four times more likely to have a heart attack or stroke than someone without the disease.

Shortens Life: Diabetes kills one American every three minutes and is the sixth leading cause of death reported in the U.S. Life expectancy for people with diabetes is shortened by an average of 7-10 years, and the risk of death for people with diabetes is about two times that of people without diabetes.

[†] *Type 1 Diabetes, 2004*; KRC Research for JDRF, Jan. 2005