

American Diabetes Association Fact Sheet

WHAT WE DO

Founded in 1940, the American Diabetes Association's mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. The Association is behind the largest national movement to Stop Diabetes® and its deadly consequences. The movement will inspire and mobilize people to Join the MillionsSM and take up the fight against this disease.

INFORMATION

The Association provides the public and health care professionals with the most up-to-date information to help take a stand against diabetes through our Center for Information and Community Support (1-800-DIABETES) and two websites, www.diabetes.org and www.stopdiabetes.com, as well as via consumer and professional books and periodicals. The Association also uses social media to engage consumers and disseminate current information. **Blog:** Diabetes Stops Here: <http://diabetesstopsphere.org> **Twitter:** @AmDiabetesAssn **Facebook:** AmericanDiabetesAssociation

The organization has offices in communities across the country and serves the public through a multitude of programs and activities including American Diabetes Association Expos in **11** markets, **53** sessions of Diabetes Camp each summer for kids with diabetes and outreach to high-risk populations through its Por tu Familia, Live Empowered! and Native American initiatives.

RESEARCH

The Association has been funding innovative research to combat diabetes since 1955. In 2011, we funded more than **\$34.5 million** in research at **139** leading research institutions throughout the country.

ADVOCACY

The Association fights on behalf of the diabetes community to increase federal funding for diabetes research and programs, to improve comprehensive health care and insurance coverage and to end discrimination against people with diabetes.

WHAT IS DIABETES?

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes is a mystery, although both genetics and environmental factors appear to play roles.

- **Type 1:** An autoimmune disease in which the body does not produce any insulin, most often occurring in children and young adults. People with type 1 diabetes must take daily insulin injections to stay alive.
- **Type 2:** A metabolic disorder resulting from the body's inability to make enough or properly use insulin. This form of the disease is associated with older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity and race/ethnicity.
- **Gestational diabetes:** Immediately after pregnancy, 5-10% of women with gestational diabetes are found to have type 2 diabetes. Women who have had gestational diabetes have a 35-60% chance of developing diabetes in the next 10-20 years.
- **Prediabetes:** A condition in which individuals have blood glucose or A1C levels higher than normal but not high enough to be classified as diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease and stroke.

Diabetes Statistics*:

- **25.8 million:** The estimated number of children and adults in the United States who have diabetes.
- **79 million:** The estimated number of Americans who have prediabetes.
- **1.9 million:** The number of new cases of diabetes diagnosed in people aged 20 years or older in 2010.
- **12.6 million:** The number of women in the United States who have diabetes.
- Hispanic/Latino Americans are **1.7** times more likely to have diabetes than non-Hispanic whites.
- African Americans are **1.8** times more likely to have diabetes than non-Hispanic whites
- Based on recently announced diagnostic criteria, it is estimated that gestational diabetes affects **18%** of pregnancies. Prior studies have shown women who have had gestational diabetes are at risk (of up to 60%) for developing diabetes in the next 10-20 years.

- **71,382:** The number of annual deaths due to diabetes in the United States according to death certificate reports from 2007. Diabetes is listed as a contributing cause of death on an additional **160,022** death certificates, for a total of **231,404** annual deaths in which diabetes is a primary or contributing factor.

*These statistics were released by the CDC in January 2011.