



# 2012 California Diabetes Program Fact Sheet

*The mission of the California Diabetes Program is to prevent diabetes and its complications in California's diverse communities.*

*The California Diabetes Program was established in 1981 as a partnership between the California Department of Public Health and the University of California, San Francisco and is funded primarily by the Centers for Disease Control and Prevention (CDC).*

**Fast Facts on Diabetes.** Detailed facts are on the reverse side.

## United States

- Diabetes affects 25.8 million people—8.3% of the population. <sup>1</sup>
- Diabetes is the leading cause of blindness, amputations, and kidney failure, and is a major contributor to heart attacks and strokes. <sup>1</sup>
- Overall, the risk for death among people with diabetes is about twice that of people of similar age without diabetes. <sup>1</sup>
- Medical expenses for people with diabetes are more than 2 times higher than for people without diabetes. <sup>1</sup>
- Diabetes costs in the U.S. exceed \$174 billion annually. <sup>1</sup>

## California

- 1 in 7 adult Californians has diabetes, and the numbers are rising rapidly. <sup>4,10</sup>
- 3.9 million (13.8%) Californians have diabetes. <sup>4,10</sup>
- 2.4 million (8.6%) adults have been diagnosed with diabetes. <sup>4,10</sup>
- 1.5 million (5.2%) adults have undiagnosed diabetes. <sup>4,10</sup>
- Among U.S. states, California has the greatest number of new cases of diabetes annually. <sup>5</sup>
- Cases of diabetes have increased 32% over the past decade. <sup>5</sup>
- About 11.4 million people (41% of adults) in California have prediabetes. <sup>6,10</sup>
- Diabetes costs in California exceed \$24 billion each year. <sup>13</sup>

**Preventing and controlling diabetes in California requires multi-pronged efforts to improve access to comprehensive health care and promote strategies that support and reinforce healthy behaviors and improve the environments where people live, work, learn, and play.**

### Types of Diabetes

Diabetes is a chronic medical condition marked by high levels of blood glucose (a form of sugar) resulting from defects in insulin production, insulin action, or both. <sup>1</sup>

**Type 1 diabetes**, previously known as juvenile diabetes, is an autoimmune disease in which the body does not produce the hormone insulin. There is no known way to prevent type 1 diabetes. <sup>1</sup>

**Type 2 diabetes**, previously called non-insulin-dependent diabetes mellitus or adult-onset diabetes. In adults, type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes. It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it. The Diabetes Prevention Program, a large prevention study of people at high risk for diabetes, showed that lifestyle intervention to lose weight and increase physical activity reduced the development of type 2 diabetes by 58% during a 3-year period. <sup>1</sup>

**Gestational diabetes** occurs in pregnant women who have never had diabetes before but have higher than normal blood glucose levels during pregnancy. Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually type 2. Women who have had gestational diabetes have a 35% to 60% chance of developing diabetes in the next 10–20 years. <sup>1</sup>

**Prediabetes** is 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. Without intervention, about 1 out of 4 people with prediabetes will develop diabetes within 3–5 years. <sup>1,2</sup>



## Prevalence. 1 in 7 adult Californians has diabetes, and the numbers are rising rapidly.

- California has an estimated 3.9 million adults with diabetes (2010).<sup>4,10</sup>
- 1 in 7 adult Californians (13.8%) have diabetes. Of these, 2.4 million (8.6 %) have been diagnosed and about 1.5 million (5.2%) adults are undiagnosed.<sup>4,10</sup>
- 8.5 % of men and 8.7% of women in California have been diagnosed with diabetes.<sup>4</sup>
- From 2001 to 2010, the prevalence of diagnosed diabetes rose from 6.5 to 8.6% of California adults.<sup>4</sup>
- California had the greatest number of annual new cases (208,000) in the U.S., an increase of 36% from 1995—1997 to 2005—2007.<sup>5</sup>
- About 11.4 million (41%) adults in California had prediabetes (2007-2008), suggesting that future rates of diabetes will continue to rise in the absence of interventions.<sup>6,10</sup>
- Prevalence of gestational diabetes in California has increased 60% in just 7 years, from 3.3% of hospital deliveries in 1998 to 5.3% in 2005.<sup>7</sup>
- About 18,000 (2.3 per 1,000) children between ages 5—19 in California had diagnosed diabetes in 2008, with 15,000 having type 1 diabetes and 3,000 having type 2 diabetes.<sup>8</sup> Recent, small studies show a consistent rise in type 2 diabetes among children and youth.<sup>9</sup>

## Inequities. Ethnic minorities and those who are poor or disadvantaged have especially high rates of diabetes.

- In 2010, 1 in 7 African American (14.3%), 1 in 9 American Indian/Alaskan Natives/Native Hawaiian/Other Pacific Islander (11.6 %), 1 in 10 Latino (10.9%), 1 in 11 Asian American (7.7%), and 1 in 14 White (7.0%) adults had diagnosed diabetes.<sup>4</sup>
- While diabetes prevalence tends to be highest among those 65 and older (20.6%), diabetes rates are also high among people ages 45—64, with 18.3% of African Americans, 17.4% of American Indian/Alaskan Natives/Native Hawaiian/Other Pacific Islander, 17.4% of Latinos, 11.4% of Asian Americans, and 7.8 % of Whites with diagnosed diabetes.<sup>4,14</sup>
- In 2009, over 502,000 adults with diagnosed diabetes had Medi-Cal insurance coverage.<sup>4</sup>
- In 2010, diagnosed diabetes prevalence (10.2%) was much higher among those with a family income below 100% of the federal poverty level (FPL) compared to those whose income is above 300% of the FPL (6.7%).<sup>4</sup>
- In 2009, diagnosed diabetes prevalence was much higher among those with less than a high school degree (13.1%) compared to those with a college degree or higher (7.5%).<sup>4</sup>
- In 2008, 1 in 6 (16.1%) adolescents ages 12—19 had prediabetes.<sup>12</sup>
- In 2009, 11.9% of people with diabetes smoked, compared to 13.6% in the California general population. Smoking rates are higher in African Americans with diabetes (17.1%) and among Medi-Cal recipients (19.6%).<sup>4</sup>

## Costs. Diabetes costs in California exceed \$24 billion each year.

- Total health care and related costs for the treatment of diabetes in California are about \$24.5 billion. Direct medical costs (e.g., hospitalizations, medical care, treatment, supplies) account for about \$18.7 billion, with the other \$5.8 billion including indirect costs such as disability payments, time lost from work, and premature death.<sup>12</sup>
- The average annual treatment cost per case for diagnosed diabetes in the U.S. was nearly \$10,000 in 2007. The economic burden of diabetes and prediabetes on the average person is estimated to be over \$700 for every man, woman, and child—representing a hidden ‘tax’ paid by all through higher insurance premiums.<sup>13</sup>

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California Diabetes Program Issue Briefs summarize current topics in diabetes prevention and control [www.caldiabetes.org](http://www.caldiabetes.org)

