

Diabetes in America

Diabetes affects just about everyone, from the over 110 million Americans with or at risk for the disease to the many more people who care for them.

While you may know that diabetes can damage the eyes, kidneys, nerves, and heart, diabetes affects many other parts of the body as well. For example, diabetes doubles risk of some forms of dementia. Also, it not only increases overall cancer risk, but increases specific risk of many types of cancer.

These and other important facts are found in *Diabetes in America, 3rd Edition*—a research resource with comprehensive data on diabetes and its complications in the United States. The resource also includes data about progress made in providing treatments that research has shown can improve diabetes outcomes. Data from *Diabetes in America*, illustrated here, show how diabetes affects a person from head to toe.

BRAIN

People with diabetes have about twice the risk for **stroke**, a higher risk of **dementia**, and increased symptoms of **depression**.



EYES

Diabetes increases the risk for eye diseases such as **retinopathy**, **cataracts**, and **glaucoma**, contributing to an overall increased risk of **vision loss**.



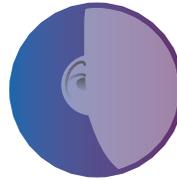
TEETH & GUMS

People with diabetes, especially those with poorly controlled diabetes, have a greater risk for **gum disease**, a major cause of tooth loss.



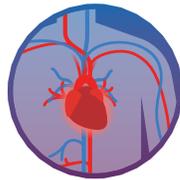
EARS

Diabetes approximately doubles the risk of **hearing loss**, especially in the speaking range.



HEART & BLOOD VESSELS

People with diabetes are twice as likely to have **heart disease** and have an increased risk of **peripheral artery disease**.



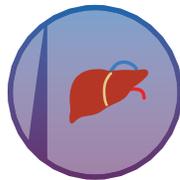
AIRWAYS

Two in three people with diabetes have **obstructive sleep apnea**, which can lead to fatigue, irritability, and deficits in attention and memory.



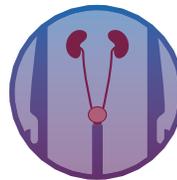
LIVER

People with diabetes are more than twice as likely to have **nonalcoholic fatty liver disease**, which can lead to cirrhosis and liver cancer.



KIDNEYS & LOWER URINARY TRACT

Diabetes is the leading cause of **kidney failure** and can also lead to complications of the lower urinary tract, such as **urinary incontinence** and **erectile dysfunction**.



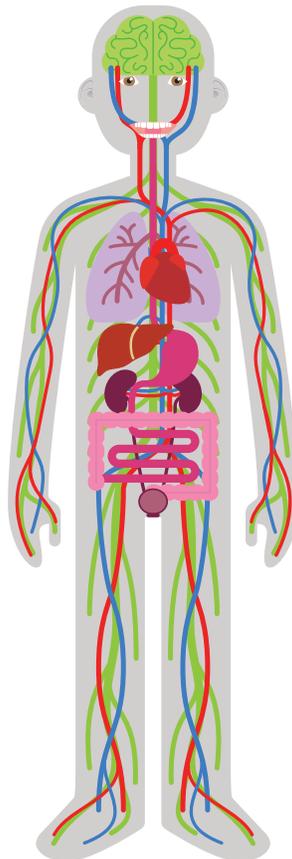
FEET

Diabetic foot ulcers are common in people with diabetes. Healing of foot ulcers may take months to years, and ulcers can lead to **amputation**.



BONE

Bone fractures, **osteoarthritis**, and **rheumatoid arthritis** are more common in people with diabetes.



Connect and Continue the Conversation



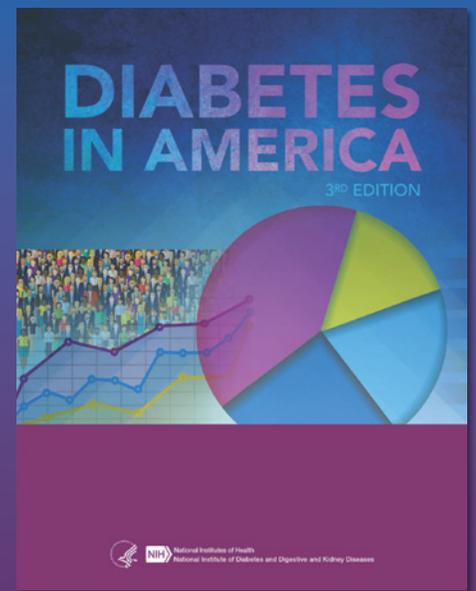
Diabetes in America, 3rd Edition

Diabetes in America, 3rd Edition, is a compilation and assessment of public health, clinical, epidemiologic, and clinical trial data on diabetes and its complications in the United States.

Written by leading diabetes experts under the auspices of the NIH's National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), *Diabetes in America* serves as a reliable scientific resource to convey the scope and impact of diabetes and its complications and medical care, to help guide diabetes health policy and priorities, and to identify research opportunities.

Diabetes in America describes the epidemiology of diabetes in the United States; provides data on both the known and lesser-known complications of diabetes; and addresses clinical trials and studies to prevent diabetes, medication use and self-care practices, health care utilization and quality of care, and economic aspects.

Search online for “*NIDDK Diabetes in America*”



The Good News About Diabetes in America

Type 2 diabetes can be prevented or delayed. The NIDDK-funded Diabetes Prevention Program (DPP) found that people who are at high risk for type 2 diabetes can prevent or delay the disease by losing a modest amount of weight. The diabetes drug metformin was also found to prevent the disease, though to a lesser extent. A version of the NIH's lifestyle change program is now widely available through the Centers for Disease Control and Prevention's National DPP, and Medicare will cover eligible participants.

People with type 1 diabetes are living longer, healthier lives. The NIDDK-funded Diabetes Control and Complications Trial/Epidemiology of Diabetes Interventions and Complications (DCCT/EDIC) study found that people with type 1 diabetes who kept their blood glucose levels as close to normal as safely possible early in the course of disease could slow the development of eye, kidney, nerve, and heart disease, and lengthen life. These findings have changed the way type 1 diabetes is treated worldwide.

Rates of some complications are declining. Improvements in management of diabetes have led to a decline in the frequency of some complications of diabetes. For example, the number of adults with diabetes requiring lower extremity amputations has decreased. The frequency of visual impairment in people with diabetes has also declined.

Diabetes doubles the risk of many devastating conditions in the body, quite literally from head to toes. With this third edition of Diabetes in America, we hope to shine a light on the many consequences of this costly and chronic disease and how research continues to improve the outlook for people with or at risk for diabetes or its complications.

Written by leading diabetes experts, this guide provides everyone with crucial information about the burden of diabetes and guides researchers in addressing one of the most pressing public health problems in America. The NIDDK will build on the new knowledge stemming from this resource and continue our steadfast support for research to improve the health of all people with and at risk for diabetes.



NIDDK Director
Dr. Griffin P. Rodgers

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www.niddk.nih.gov



healthinfo@niddk.nih.gov



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