

PREDIABETES



diabetesFACTS

WHAT ARE PREDIABETES & DIABETES?

- Prediabetes - also referred to as impaired glucose tolerance or impaired fasting glucose - is a condition in which blood glucose levels are higher than normal but not high enough for a diabetes diagnosis. Without intervention, up to 30 percent of those identified with prediabetes will develop type 2 diabetes within five years, and as much as 70 percent will develop the disease in their lifetime. *
- Diabetes is a disease in which blood glucose (sugar) levels are higher than normal. Diabetes can be managed with proper treatment, and complications from type 2 diabetes can often be prevented or delayed with change in diet and exercise and close monitoring of blood sugar levels.¹
- There are two types of diabetes. Type 1 is congenital, type 2 is preventable. Almost 95 percent of diagnosed adult diabetes cases are type 2.² If you have type 2 diabetes, your body does not use insulin properly. At first, your pancreas makes extra insulin to make up for it, but over time it isn't able to keep up and can't make enough insulin to keep your blood sugar at normal levels.²
- Diabetes is a progressive disease that gradually wears out the pancreas and overloads the liver, resulting in higher blood sugar that damages vital organs, the nervous system and muscles.
- Left untreated, diabetes can lead to limb amputation, blindness, fatty liver disease, kidney disease and a variety of cardiovascular diseases, as well as premature and preventable death.²

WHAT CAUSES DIABETES?

- The most significant contributors to or causes of type 2 diabetes are poor diet and physical inactivity. Obesity is just one risk factor for diabetes among many.¹
- Eating less fat, fried foods and sugar, in addition to exercising at least 30 minutes five days a week, can delay and possibly prevent the onset of type 2 diabetes.¹
- A growing body of research shows that sugary beverages – because they provide all of their calories as liquid sugar – are uniquely harmful. We absorb liquid sugar in as little as 30 minutes, much faster than eating a candy bar, leading to a spike in blood sugar that the body is not well equipped to handle, particularly in repetition. These spikes in blood sugar can overwhelm the body and lead to the transformation of sugar into fat in the liver, which contributes directly to the development of diabetes.^{3,4}
- Drinking one or more sodas a day increases the risk of developing type 2 diabetes by 26 percent.⁷

Sources:

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*See policy brief.

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PREVALENCE OF DIABETES

- More than 2.5 million California adults (9 percent) have diabetes.⁸
- 29.1 million children and adults in the United States (9.3 percent) have diabetes, and another 86 million have prediabetes (35 percent).⁹
- The prevalence of diabetes in the United States has more than tripled since 1980.¹⁰
- The prevalence of diabetes and prediabetes among adolescents rose from nine percent to 23 percent from 1999-2008.¹¹
- Diabetes in California has increased 35 percent in the last 10 years.¹²

HEALTH IMPACT OF DIABETES

- Despite medical advances helping those with diabetes to live longer today than in the past, a 50-year-old individual with diabetes will, on average, die 8.5 years earlier than someone without diabetes.¹³
- Diabetes can lead to damaged blood vessels, heart attacks, strokes, blindness, liver disease, certain kinds of cancer, kidney failure, bone fractures and amputations.²
- In 2006, it was estimated that 60 percent of people with diabetes in the United States had one or more complications from the condition.¹⁴
- Diabetes contributed to 231,404 deaths in the United States in 2007.⁹
- More than 13,000 Californians undergo limb amputations every year, with the majority of them due to diabetes-related complications like infection and peripheral arterial disease.¹⁵
- Almost half of adults with diabetes in the U.S. do not receive the recommended diabetes care.^{16,17}

COST OF DIABETES

- Diabetes cost the United States an estimated \$245 billion in 2012, with \$176 billion in direct medical costs and \$69 billion in indirect costs (e.g. lost productivity, disability and premature death).¹⁸
- Total health care and related costs for the treatment of diabetes in California alone is about \$24.5 billion each year.¹⁹
- Average medical expenditures for people with diabetes are 2.3 times higher than for those without diabetes.¹⁸
- Hospital charges for the removal of a leg or foot due to diabetes complications totaled \$205,502,679 in California in 2008, at a rate of \$20,062 per hospitalization.²⁰

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