

Diabetes Foot Facts



Diabetes is a *Family Affair*

PREVALENCE OF DIABETES

TOTAL: 20.8 million people – Seven percent of the U.S. population has diabetes.

DIAGNOSED: 14.6 million people

UNDIAGNOSED: 6.2 million people

PREVALENCE OF DIABETES AMONG PEOPLE 20 YEARS OR OLDER

- **AGE 20 YEARS OR OLDER:** 20.6 million. Nine percent of all people in this age group have diabetes.
- **AGE 60 YEARS OR OLDER:** 10.3 million. Almost 21 percent of all people in this age group have diabetes.
- **MEN:** 10.9 million. Close to 11 percent of all men aged 20 years or older have diabetes.
- **WOMEN:** 9.7 million. Nearly nine percent of all women aged 20 years or older have diabetes. The prevalence of diabetes is at least 2 to 4 times higher among non-Hispanic Black and Hispanic/Latino American women than among non-Hispanic white women.

PREVALENCE OF DIABETES BY RACE/ETHNICITY AMONG PEOPLE 20 YEARS OR OLDER

- **AFRICAN-AMERICANS:** 3.2 million. Close to 13 percent of all non-Hispanic blacks aged 20 years or older have diabetes. On average, non-Hispanic blacks are 1.8 times more likely to have diabetes than non-Hispanic whites of similar age.
- **HISPANIC/LATINO-AMERICANS:** 2.5 million. Nearly ten percent of Hispanic/Latino Americans aged 20 years or older have diabetes. Mexican Americans, the largest Hispanic/Latino subgroup, are 1.7 times as likely to have diabetes as non-Hispanic whites. Residents of Puerto Rico are 1.8 times as likely to have diagnosed diabetes as U.S. non-Hispanic whites.
- **CAUCASIAN-AMERICANS :** 13.1 million. Close to nine percent of all non-Hispanic whites aged 20 years or older have diabetes.

COMPLICATIONS OF DIABETES

AMPUTATIONS

- More than 60 percent of non-traumatic lower-limb amputations in the United States occur among people with diabetes.
- In 2002, nearly 82,000 non-traumatic lower-limb amputations were performed among people with diabetes.
- Non-Hispanic blacks are 2.7 times as likely to suffer from lower-limb amputations as non-Hispanic whites.

PREVENTING DIABETES COMPLICATIONS

- A podiatric physician, a doctor focusing on the treatment of diabetic foot and ankle maladies, plays an integral role in a diabetes management team. Diabetes can affect many parts of the body and can lead to serious complications such as blindness, kidney damage, and lower-limb amputations. Working together, people with diabetes and their health care providers, such as a podiatric physician, can reduce the occurrence of these and other diabetes complications.
- Comprehensive foot care programs can reduce amputation rates by 45 percent to 85 percent.
- Research in the United States and abroad has found that lifestyle changes can prevent or delay the onset of type 2 diabetes among high-risk adults. Lifestyle interventions included diet and moderate-intensity physical activity, such as walking for 2.5 hours each week.

American Podiatric Medical Association

9312 Old Georgetown Road
Bethesda, MD 20814
Telephone 301.571.9200
Telephone 800.ASK.APMA
Facsimile 301.530.2752

www.apma.org