

**INVESTMENT IN RESEARCH SAVES LIVES AND MONEY**

# Diabetes

Diabetes is an umbrella term for several serious diseases in which an individual's blood glucose level, also called blood sugar, is no longer adequately controlled without treatment. Type 1 diabetes (T1D) is an autoimmune disease in which a person's pancreas no longer produces enough insulin, a hormone needed to get energy from food. Type 2 diabetes (T2D) is a metabolic disorder in which a person's body no longer responds as well to the insulin it produces. Other diabetes subtypes include gestational diabetes, monogenic diabetes and cystic fibrosis-related diabetes.

## TODAY

An estimated **30.3 million**

Americans, or 9.4% of the population, have Type 1 or 2 diabetes.<sup>1</sup>

In the U.S., more than

**17,000**

children & adolescents are diagnosed with Type 1 diabetes and more than

**5,000**

are diagnosed with Type 2 diabetes each year.<sup>1</sup>

Diabetes was the

**7th**

**leading cause of death**

in the United States in 2016.<sup>2</sup>

## COST

**\$327 billion:**

Cost of diabetes in the U.S. in 2017. This number includes \$237 billion for direct health care costs and \$90 billion for indirect costs such as lost productivity and premature death.<sup>3</sup>

**\$1 out of every \$4**

Medicare dollars spent in the United States is used on diabetes-related care.<sup>3</sup>

## Research Delivers Solutions

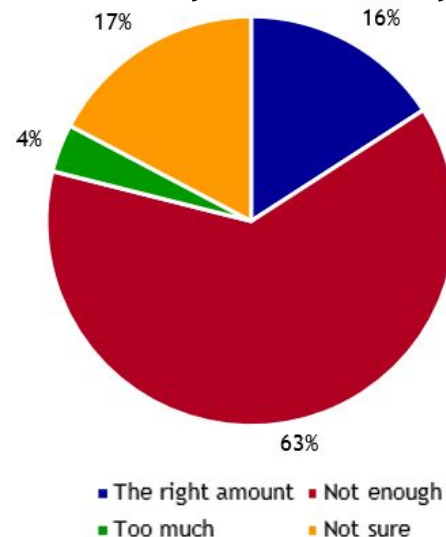
An estimated **34% of adults** have prediabetes, which significantly increases the risk of developing Type 2 diabetes. Research has revealed that **20 minutes** of moderate physical exercise per day and **losing 7% of body weight** can reduce the risk of Type 2 diabetes **by up to 58%**.<sup>4</sup>

The increase in cost of care for diabetes compared to prediabetes is as much as **\$7,000 per year**.<sup>4</sup>

Public and private sector research has led to the development of small, wearable pumps that improve insulin delivery. These medical devices provide better control over blood glucose levels leading to **better health, fewer diabetic conditions** and **fewer costly hospital visits**.<sup>5</sup>

### Majority Say Current Spending on Research to Prevent, Cure and Treat Disease is not Enough

The U.S. spends about 5 cents of each health dollar on research to prevent, cure and treat disease and disability. Do you think that this is too much, the right amount, or not enough?



Source: A Research!America poll of U.S. adults conducted in partnership with Zogby Analytics in January 2019

# Diabetes

## Then. Now. Imagine.

### THEN

Prior to 1921, children who developed Type 1 diabetes (T1D) before the age of 10 often died within 2 months of their diagnosis.

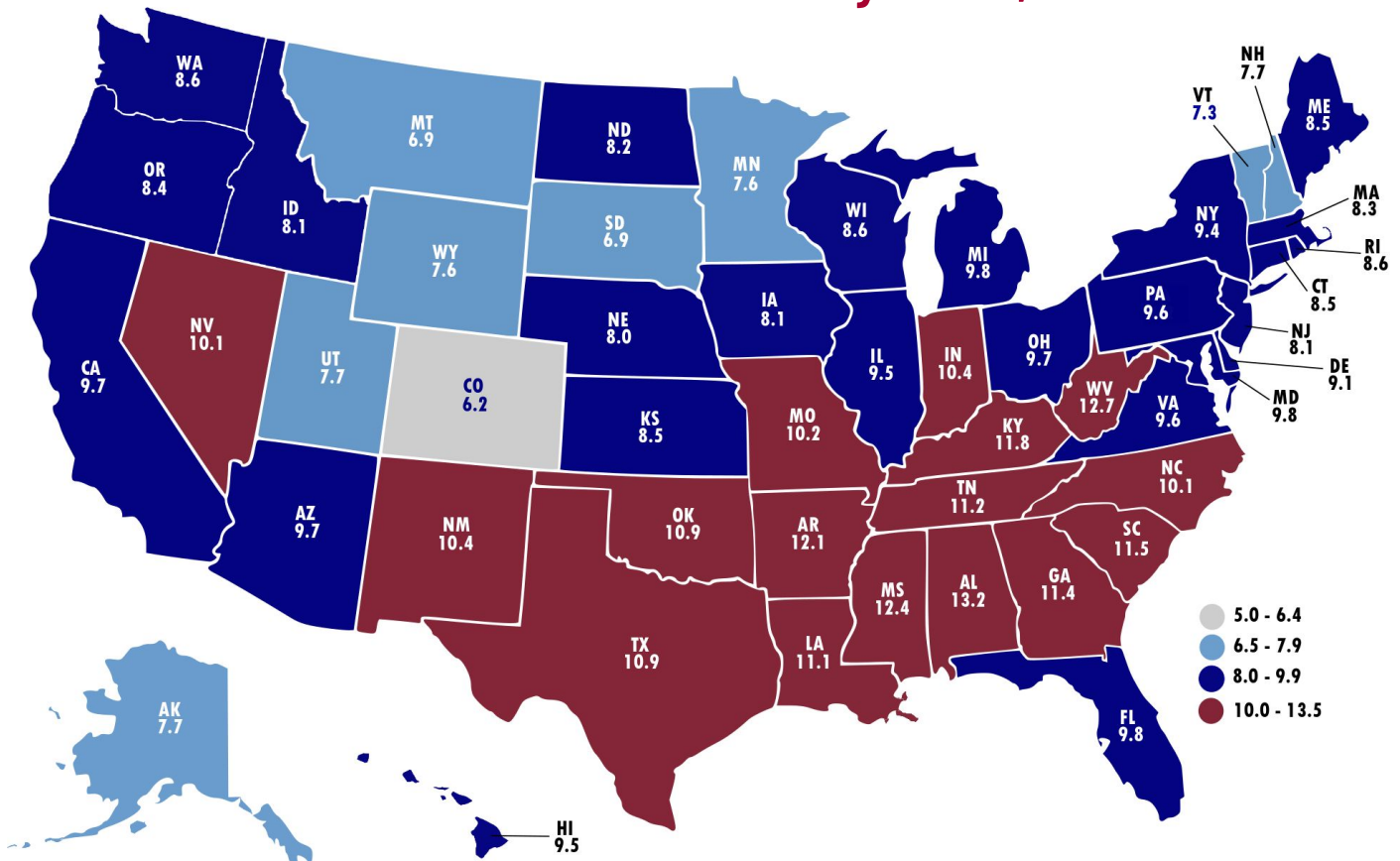
### NOW

Research, coupled with patient engagement, have empowered profound progress. Advances in basic knowledge about diabetes, sophisticated blood sugar monitoring and glucose delivery techniques, and evolving knowledge about the role of fitness and nutrition have transformed diabetes into a much more manageable chronic condition with the promise of significantly reduced disease burden.

### IMAGINE

A cure.

## Prevalence of Diabetes by State, 2016



Source: "Diagnosed Diabetes," Centers for Disease Control and Prevention.

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- ["National Diabetes Statistics Report," Centers for Disease Control and Prevention, 2017.](#)
- ["Leading Causes of Death," Centers for Disease Control and Prevention, 2017.](#)
- ["Economic Costs of Diabetes," American Diabetes Association, 2018.](#)
- [Tuso, "Prediabetes and lifestyle modification," 2014.](#)
- [Iglay et al., "Prevalence of comorbidities high in Type 2 diabetes," 2016.](#)

The Albert and Mary Lasker Foundation is a founding partner in this series of fact sheets. [www.laskerfoundation.org](http://www.laskerfoundation.org)