



DIABETES TOOLKIT

DIABETES FAST FACTS – CHILDREN

Prevalence

- Two million adolescents aged 12-19 have pre-diabetes, a condition when blood glucose levels are higher than normal, but not high enough to be diagnosed with diabetes.
- In 2007, about 186,300 young people in the U.S. under age 20 had diabetes.
- Every day 200 children develop type 1 diabetes; that's 70,000 children a year.
- Type 1 diabetes is increasing in children at a rate of three percent each year.
- Type 1 diabetes is increasing fastest in pre-school children, at a rate of five percent per year.
- Type 2 diabetes is rare in children younger than 10 years of age, regardless of race or ethnicity.
- The overall lifetime risk of developing diabetes for children born in 2000 is about three in 10 for all Americans compared to four in 10 for African-Americans and Hispanics.
- As rates of childhood obesity have risen sharply, so have the rates of type 2 diabetes among children. From 2005 to 2008, type 2 diabetes has doubled in American children.

Diabetes Complications

- Children with type 1 diabetes are at risk for long-term complications which include: damage to the cardiovascular system, kidneys, eyes, nerves, blood vessels, skin, gums, and teeth.
- Children who forget to take medications on time, eat too much, or don't exercise enough can experience hyperglycemia, which is a condition in which an excessive amount of glucose circulates in the blood. Over time, hyperglycemia can cause damage to the eyes, kidneys, nerves, blood vessels, gums, and teeth.
- Although retinopathy (eye disease) typically occurs after puberty and after a child has had diabetes for five to 10 years; it has been reported in pre-pubescent children who have had diabetes for only one to two years.

Mortality Rates

- African-American children with diabetes face a death rate that is twice as high as Caucasian children with diabetes.

Economic Costs

- Children with diabetes have healthcare costs that are \$4,000 more than children who do not have diabetes.¹
- Outpatient services account for about half of total healthcare costs for non-insulin treated diabetic children.²

Sources

American Diabetes Association (ADA) – <http://www.diabetes.org/>

Centers for Disease Control and Prevention (CDC) – <http://www.cdc.gov/>

Council of State Governments Healthy States Initiative (CSG) – <http://www.healthystates.csg.org/>

Juvenile Diabetes Research Foundation (JDRF) – <http://www.jdrf.org/>

National Institutes of Health (NIH) – <http://www.nih.gov/>

- National Library of Medicine – <http://gateway.nlm.nih.gov/MeetingAbstracts/ma?f=103624179.html>

Dosomething.org – <http://www.dosomething.org/>

¹ Imai K, Zhang P, Imperatore G; *AcademyHealth Meet*; 2004; 21: abstract no. 1145

² Ibid