

Trends in Diabetes in the US 1988-2012

Cross sectional surveys of the US non- institutionalized adult population were used to estimate the past and current prevalence of diabetes. In the overall 2011-2012 population the unadjusted prevalence of Diabetes was 14.3% for total cases. Of those 9.1 % were diagnosed cases, and 5.2% were undiagnosed cases. There were 38% of the population who qualified as pre-diabetes.

Using age-standardized data in 1988-94 the total diabetes prevalence was 9.8%. In 2001-2002 the total diabetes prevalence was 10.8% and in 2011-12 the prevalence had risen to 12.4%. The increasing trend held true for every age group, both sexes, all racial/ethnic groups, all educational levels and in all poverty income strata.

The clinical measures for diabetes and prediabetes included hemoglobin A-1-C, Fasting Plasma Glucose and 2 hour postprandial glucose.

Editorial: *The data presented in a succinct form represent a National health crisis. In concert with the epidemic of overweight and obese Americans we are witnessing a pandemic of the chronic disease of diabetes. The data on the prevalence of prediabetes is even more frightening. Without major lifestyle modifications the majority of those diagnosed with prediabetes will go on to develop overt diabetes. Diabetes carries with it an incredibly high medical, quality of life and longevity cost to our society. The most meaningful response to this data will not be found in new medications, new technology, bariatric surgery or genetic modifications. The only effective response is a broad and enduring change in the lifestyle of Americans. Adopting a consistent lifestyle that incorporates regular exercise and a rational diet balanced against the actual caloric needs of the individual is the fundamental answer. The current path we are on emphasizes indiscriminant food intake, constantly seeks human energy avoiding technology, creates living spaces that prohibit walking, and work spaces that compel sedentary activities. This path has lead us to the current prevalence of diabetes. If we stay on the same path the trend will only continue.*

Bibliography

Prevalence of and Trends in Diabetes Among Adults in the United States, 1988-2012

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