

## The Silver Book Resource Guide for **Diabetes**

### Impact of Diabetes

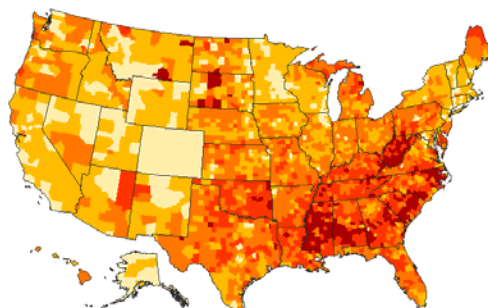
- 23.6 million people in the U.S. have diabetes, as of 2007.<sup>1</sup>
- A stunning 23.1% of Americans age 60 and older have diabetes.<sup>1</sup>
- 57 million people in the U.S. are estimated to have pre-diabetes,<sup>2</sup> meaning they have abnormally high blood glucose levels.
- Diabetes can lead to serious complications, such as kidney failure, blindness, limb amputation and cardiovascular disease.<sup>1</sup>
- Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes.<sup>1</sup> The risk of stroke is 2 to 4 times greater in people with diabetes.<sup>1</sup>
- Diabetes was the seventh leading cause of death in the U.S. in 2006, but is likely to be an underreported cause of death.<sup>1</sup>
- According to the CDC, the estimated total cost of diabetes in the U.S. was \$174 billion in 2007.<sup>1</sup>
- On average, people with diagnosed diabetes have medical costs that are about 2.3 times higher than what costs would be without diabetes.<sup>1</sup>
- People with diabetes age 60 and older are 2-3 times more likely to report an inability to walk one-quarter of a mile, to climb stairs, do housework or to use a mobility aide compared with people in the same age group without diabetes, according to the CDC.<sup>1</sup>

<sup>1</sup> Centers for Disease Control and Prevention, 2007 National Diabetes Fact Sheet.

<sup>2</sup> American Diabetes Association. Available at: <http://www.diabetes.org/diabetes-statistics.jsp> Accessed 6/1/09

Diabetes is a prevalent chronic disease in the U.S., particularly among older Americans, and can lead to numerous costly and disabling complications and a reduction in quality of life. Research has yielded breakthrough findings about ways to prevent or delay diabetes development and various treatments but there is still no cure. A targeted and sustained research effort to more clearly understand the development, treatment and prevention of diabetes, and its interaction with the aging process, could have enormous health and economic implications, and enable older Americans to live more independent, productive and healthier lives for longer.

### CDC County Level Estimates of Percent of Adults $\geq 20$ years old with Diagnosed Diabetes, 2005



2005  
Percent of adults  $\geq 20$  years old with diabetes  
Natural Breaks

0 - 6.5
6.6 - 8.0
8.1 - 9.4
9.5 - 11.1
11.2 - 15.0

Source: Centers for Disease Control and Prevention U.S. map. Available online at: [http://apps.nccd.cdc.gov/DDT\\_STRS2/NationalDiabetesPrevalenceEstimates.aspx](http://apps.nccd.cdc.gov/DDT_STRS2/NationalDiabetesPrevalenceEstimates.aspx) Accessed 6/1/2009.

### Searchable Databases

The Silver Book Online:

- Age- A Major Risk Factor for Diabetes
- Prevalence and Incidence of Diabetes
- The Economic Burden of Diabetes
- The Human Burden of Diabetes

CDC national surveillance data

- Federally and privately supported clinical trials registry
- National Institutes on Aging Sponsored Research
- National Diabetes Information Clearinghouse (NIH)

### Maps:

- CDC county level estimates of diagnosed diabetes
- National Minority Quality Forum Diabetes Atlas: Includes zip code level prevalence data nationally, by state and Congressional district (registration required)

### Recent Innovation:

- The Silver Book Online Innovative Medical Research
- Alliance for Aging Research News Room
- Diabetes* (A Journal of the American Diabetes Association (ADA))
- ADA's In Diabetes Today
- ADA's "Access: Diabetes Research" summaries of published research

### Reports

- Alliance for Aging Research Diabetes Publications
- ADA's Diabetes Statistics
- CDC's Diabetes Publications

# The Silver Book Resource Guide For Diabetes

## Website Information

### **Searchable Databases**

The Silver Book Online: [www.silverbook.org](http://www.silverbook.org)

Age- A Major Risk Factor for Diabetes

Prevalence and Incidence of Diabetes

The Economic Burden of Diabetes

The Human Burden of Diabetes

CDC national surveillance data: <http://apps.nccd.cdc.gov/DDTSTRS/default.aspx>

Federally and privately supported clinical trials registry: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

National Institutes on Aging Sponsored Research: <http://www.nia.nih.gov/>

National Diabetes Information Clearinghouse (NIH): <http://diabetes.niddk.nih.gov/>

### **Maps:**

CDC county level estimates of diagnosed diabetes: <http://apps.nccd.cdc.gov/DDTSTRS/default.aspx>

National Minority Quality Forum Diabetes Atlas: Includes zip code level prevalence data nationally, by state and Congressional district (registration required): [http://www.nmqf.org/about\\_atlases.aspx](http://www.nmqf.org/about_atlases.aspx)

### **Recent Innovation:**

The Silver Book Online Innovative Medical Research: <http://www.silverbook.org/browse.php?top=research>

Alliance for Aging Research News Room: <http://www.agingresearch.org/section/newsroom>

*Diabetes* (A Journal of the American Diabetes Association (ADA)): <http://diabetes.diabetesjournals.org/>

ADA's In Diabetes Today: <http://www.diabetes.org/indiabetestoday.jsp>

ADA's "Access: Diabetes Research" summaries of published research:

<http://www.diabetes.org/patientinform/>

### **Reports:**

Alliance for Aging Research Diabetes Publications: <http://www.agingresearch.org/content/topic/detail/678>

ADA's Diabetes Statistics: <http://www.diabetes.org/diabetes-statistics.jsp>

CDC's Diabetes Publications: <http://www.cdc.gov/diabetes/pubs/index.htm>