

Prevalence of All Types of Diabetes

Prevalence – When we consider all forms of diabetes and undiagnosed diabetes in Virginia, there are more persons other than the 466,883 diagnosed adults (8.0% in 2007) affected by this chronic disease.

- In 2007, an additional 233,441 adult Virginians are estimated to have undiagnosed diabetes.
- In 2007, about 113,786 women had gestational diabetes (diabetes during pregnancy), increasing their risk of developing type 2 diabetes by 20 to 50% in the next five to 10 years following pregnancy.
- Based on national estimates, the prevalence of diabetes among youth under age 20 in 2007 was 0.20%. Type 2 diabetes, although still rare, is being diagnosed more frequently in children and adolescents, particularly in American Indians, African Americans, and Hispanic/Latino Americans.
- By far the largest group at risk for diabetes are people who have somewhat elevated blood glucose levels (impaired fasting glucose or impaired glucose tolerance). This condition is now termed prediabetes in order to signal its seriousness.
- The CDC estimates that 40.1% of adults between the ages of 40-74 years have prediabetes. There is an estimated 1,226,628 adult Virginians with prediabetes in the same age range.

**Estimated Prevalence of All Types of Diabetes and Prediabetes in Virginia,
2007**

Population	Calculation	Estimated Number of Virginians with Diabetes/Prediabetes
Diagnosed	State adult prevalence = 8.0%. ¹	466,883
Undiagnosed	Ratio of diagnosed cases to undiagnosed cases is 2:1. ²	233,441
Gestational	NDEP estimates state prevalence= 7.0% in women of childbearing age, 15-44 years. ³	113,786
Children	CDC estimates that .20% of all people in the U.S. who are under the age of 20 have diabetes. ⁴	4,037
Prediabetes⁵	CDC estimates that 40.1% of adults between the ages of 40-74 years have prediabetes. ⁶	1,226,628

¹ CDC national rate with Virginia 2007* population data for those 18 years and older= 5,836,037. 8.0% of 5,836,037= 466,883; *(most recent year of 'state population estimates' data available to VDH employees).

² CDC estimates that for every two people diagnosed with diabetes, there is at least one person with undiagnosed diabetes; 50% of 466,883= 233,441.

³ Based on estimates from the National Diabetes Education Program (NDEP) April 2006 Fact Sheet. Virginia 2006 population that was 15-44 years (child-bearing age) = 1,625,508. 7.0% of 1,625,508= 113,786.

⁴ Based on National Health and Nutrition Examination Survey data reported in CDC Diabetes Fact Sheet, 2007; Virginia 2006 population under the age of 20= 2,036,038; .20 percent of 2,018,407= 4,037. There is a two-year overlap between prevalence estimates using VA BRFSS data of adults ages 18+ and CDC data for children under age 20, due to the fact that Virginia does not have state-level NHANES estimates of adult prevalence for ages 20 and over.

⁵ Prediabetes is defined as having impaired glucose tolerance or impaired fasting glucose or both.

⁶ Virginia 2006 population that was between 40-74 years= 3,058,923. 40.1% of 3,058,923= 1,226,628.

Total		2,044,775
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