What is diabetes?

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. ¹

Prevalence of Diabetes and Disability

Diabetes is a costly disease associated with severe morbidity and premature death that affects millions of Americans. Millions more are at risk of developing diabetes. Diabetes now affects nearly 24 million people in the United States, an increase of more than 3 million in approximately two years, according to 2007 prevalence data estimates released by the Centers for Disease Control and Prevention (CDC). This means that nearly 8 percent of the U.S. population has diabetes. ¹ In North Dakota, the prevalence people with disabilities ages 18 and older who have diabetes is nearly 15 percent. ²
Secondary Health Conditions

People with diabetes have a higher risk for secondary health conditions, including coronary heart disease, blindness, kidney disease, peripheral vascular disease, and amputations. Cardiovascular disease (CVD) is the leading cause of death among people with diabetes, accounting for at least two out of three diabetes-related deaths. ¹

The prevalence of CVD among people with disabilities in North Dakota is nearly 25% compared to North Dakotan’s without disabilities at 6.5%. ²

Source:

Helpful Resources*:
- ND Diabetes Coalition http://www.ndhealth.gov/diabetescoalition/
- National Diabetes Education Program (NDEP) http://ndep.nih.gov/
- American Association of Diabetes Educators http://www.diabeteseducator.org
- American Diabetes Association http://www.diabetes.org

* These links do not constitute an endorsement by NDCPD. Content on these websites are the responsibility of individual organizations and not NDCPD.

The ND Disability Health Project can provide technical assistance to assist with health promotion, staff training and education, and disability awareness. Contact us at 800.233.1737 or visit our website at www.ndcpd.org/health

Health-related information provided in this fact sheet is for informational purposes only and should not replace advice from a medical professional. The ND Disability Health Project is funded by the Centers for Disease Control and Prevention (CDC) through a grant (1 u59 DD000278-01) to the North Dakota Center for Persons with Disabilities at Minot State University. Opinions expressed here do not necessarily reflect the official policy of the CDC.