

*Our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.*

## What We Do:

### Research

Founded in 1940, the Association has been funding innovative diabetes research since 1955. Through our Nationwide Research Program, we are working to find the cure for and prevention of diabetes and its many health problems.

### Information

The Association reaches millions of people annually through its information activities and awareness efforts, such as American Diabetes Alert; Diabetes Month; Wizdom Youth Zone for kids; 1-800-DIABETES (1-800-342-2383), the Association's toll-free National Call Center; [diabetes.org](http://diabetes.org), the Association's Web site; a monthly consumer magazine, *Diabetes Forecast*; outreach to communities most at risk for diabetes; and programs to help children with diabetes and their families.

### Advocacy

The Association fights on behalf of the diabetes community to increase federal funding for diabetes research and programs, improve comprehensive health care and insurance coverage, and end discrimination against people with diabetes.

## What is Diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes is a mystery, although both genetics and environmental factors appear to play roles.

- **Type 1.** An autoimmune disease in which the body does not produce any insulin, most often occurring in children and young adults. People with type 1 diabetes must take daily insulin injections to stay alive.
- **Type 2.** A metabolic disorder resulting from the body's inability to make enough, or properly use, insulin. This form of the disease is associated with older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity.
- **Gestational diabetes** develops in 2 –5 percent of all pregnancies but disappears when a pregnancy is over. Women who have had gestational diabetes are at increased risk for developing type 2 diabetes later in life. After pregnancy, 5-10% of women with gestational diabetes are found to have type 2 diabetes, and women who have had gestational diabetes have a 20-50% chance of developing diabetes in the next 5-10 years.

## Diabetes Statistics:

- **224,092:** The number of annual deaths due to diabetes in the United States according to death certificate reports from 2002. (Diabetes is likely to be underreported as a cause of death.)
- **61%:** The increase of Americans with diabetes since 1990
- **20.8 million:** The estimated number of Americans who have diabetes
- **1.5 million:** The number of new cases of diabetes diagnosed in people aged 20 years or older in 2005.
- **9.7 million:** The number of women in the United States have diabetes
- The prevalence of diabetes is at least 2-4 times higher among African American, Hispanic/Latino, American Indian, and Asian/Pacific Islander women than among white women.

For more information call 1-800-DIABETES, or visit us at [diabetes.org](http://diabetes.org)