

# HEALTH REPORT

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## BLOOD SUGAR LEVELS OF AMERICANS CONTINUE TO RISE AT RECORD RATES

The incidence of diabetes is rising at an astounding rate in America. According to facts and figures just released by the Centers for Disease Control and Prevention (CDC), 3 million more Americans have diabetes now than were diagnosed with it two years ago. That's right, an increase of 3 million people!

This 3 million person increase brings the total number of people in the US suffering from diabetes to 24 million. This represents 8 percent of the population known to have one form of diabetes or another.

In addition – and this is another quite astounding figure – 57 million more people are considered to have “pre-diabetes.” This is considered to be a condition which puts people at an increased risk for developing diabetes.

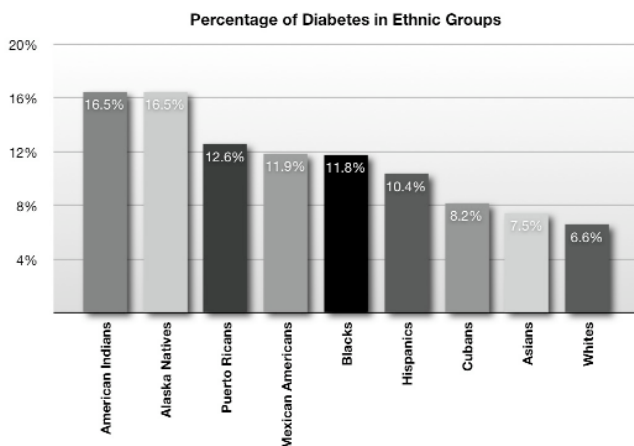
Add 24 million with diabetes and 57 million with pre-diabetes, and this puts 81 million people in a position to be concerned about diabetes, or the possibility that they may soon have it. With the current population of the United States at some 304 million, that puts over 26 percent of all Americans at risk.

If there was anything positive to report, according to the CDC it was this: The number of people who don't know they have the disease dropped from 30 percent to 24 percent.

Diabetes is a disease associated with high levels of blood glucose. This results from deficiencies in a person's body in insulin production that causes sugars to build up in the system. According to the CDC, diabetes is the 7th leading cause of death in the United States. Complications for people who have it can include blindness, heart disease, kidney failure and even lower-extremity amputations.

“These new estimates have both good news and bad news,” said Dr. Ann Albright, the director of the CDC Division of Diabetes Translation. “It is concerning to know that we have more people developing diabetes. On the other hand, it is good to see that more people are aware that they have diabetes.”

This CDC breakdown of statistics pointed out that diabetes increased both in men and women of all



age groups. However, there was a greater increase in the elderly as almost 25 percent of the population 60 years of age and over was listed as having diabetes in 2007. Ethnic groups with the highest incidence of Diabetes were American Indians and Alaska Natives sharing the top spot at 16.5 percent of their population. Puerto Ricans followed at 12.6 percent, Mexican Americans at 11.9 percent and Blacks at 11.8 percent. Then came Hispanics at 10.4 percent, Cubans at 8.2 percent, Asian Americans at 7.5 percent and Whites at 6.6 percent.