



FACT SHEET

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METABOLIC & BARIATRIC SURGERY AND DIABETES

PREVALANCE OF DIABETES

- 23.6 million Americans, or 7.8 percent of the population, have diabetes¹
- From 1980 - 2007, the number of Americans with diabetes increased from 5.6 million to 23.6 million²
- 1 out of every 3 Americans, and 1 out of every 2 minorities born in 2000, will develop diabetes in his or her lifetime³
- About 57 million individuals in the United States aged 20 years and older have pre-diabetes and are at high risk of developing type 2 diabetes¹
- Type 2 diabetes is linked to obesity and physical inactivity; accounts for 90 to 95 percent of cases³

COMPLICATIONS ASSOCIATED WITH DIABETES

- Diabetes is associated with increased risk for heart disease and stroke, high blood pressure, blindness, kidney disease, nervous system disease, amputations, dental disease and complications with pregnancy¹
- Overall, the risk for death among people with diabetes is about twice that of people without diabetes¹

COSTS ASSOCIATED WITH DIABETES

- The total estimated cost of diabetes in 2007 was \$174 billion, including \$116 billion in excess medical expenditures and \$58 billion in reduced national productivity⁴
- About 1 in 5 health care dollars in the U.S. is spent caring for someone with diagnosed diabetes⁵

NUMBER OF BARIATRIC SURGERIES

- Approximately 205,000 people had bariatric surgery in 2007⁵
- About 1 percent of the clinically eligible population is being treated for morbid obesity through bariatric surgery⁶

RECENT STUDIES: IMPACT OF BARIATRIC SURGERY ON DIABETES

- A January 2008 *Journal of the American Medical Association (JAMA)* study found that 73 percent of patients resolved their type 2 diabetes after gastric banding surgery⁶
- An August 2007 *New England Journal of Medicine (NEJM)* study found people with diabetes and morbid obesity who had bariatric surgery had a 92 percent decrease in long-term mortality⁷
- An October 2004 *JAMA* study found that after bariatric surgery, diabetes was completely resolved in 76.8 percent of patients and resolved or improved in 86 percent of patients⁸

¹ Centers for Disease Control and Prevention. National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2007. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008.

² Centers for Disease Control and Prevention. Number (in Millions) of Persons with Diagnosed Diabetes, United States, 1980–2005. [Cited 2008 April 7]. Available from: <http://www.cdc.gov/diabetes/statistics/prev/national/figpersons.htm>.

³ Centers for Disease Control and Prevention Coordinating Center for Health Promotion. Diabetes: Disabling, Deadly, and on the Rise, 2007. [Cited 2008 April 4]. Available from: <http://www.cdc.gov/nccdphp/publications/aag/ddt.htm>.

⁴ American Diabetes Association. "Economic Costs of Diabetes in the U.S. in 2007." *Diabetes Care*. Volume 31. Number 3. March 2008.

⁵ http://www.asbs.org/Newsite07/media/fact-sheet1_bariatric-surgery.pdf.

⁶ Dixon JB. Adjustable Gastric Banding and Conventional Therapy for Type 2 Diabetes. *JAMA*. 2008;299(3):316-323.

⁷ Adams TD. Long-term Mortality after Gastric Bypass Surgery. *N ENGL J MED* 2007;357:753-61.

⁸ Buchwald H. Bariatric Surgery: A Systematic Review and Meta-analysis. *JAMA*. 2004; 292:1724-1737.