

## National Diabetes Month Survey Results

November 2012

As part of National Diabetes Month, UnitedHealth Group commissioned a national survey with more than 1,000 U.S. adults age 18 and older to gauge their awareness of diabetes, prediabetes, the disease's risk factors and its health implications. The survey found that:

- A vast majority of Americans (92 percent) know there is a difference between type 1 and type 2 diabetes.
- Eight in ten (82 percent) recognize that type 2 diabetes is largely preventable.
- Nearly three-quarters (73 percent) believe they will not necessarily get diabetes just because it runs in their family.
- More than half (60 percent) know the definition of the term "prediabetes."
- 84 percent are familiar with leading diabetes risk factors including:
  - Being overweight (80 percent);
  - Family history of diabetes (76 percent);
  - Lack of exercise (74 percent);
  - High blood pressure (59 percent);
  - High cholesterol (58 percent), and
  - Being age 45 or older (48 percent).
- The majority (85 percent) have had their blood sugar level tested and know the result

According to the Centers for Disease Control and Prevention (CDC), there are about 26 million American adults with diabetes. More than 90 percent of them suffer from type 2 diabetes, the often preventable form of the disease. Currently about 35 percent of the U.S. adult population has prediabetes, putting 79 million Americans at risk of developing type 2 diabetes. UnitedHealth Center for Health Reform & Modernization research shows that more than half of all Americans will have diabetes or prediabetes by the end of this decade.

November is National Diabetes Month – an opportunity for people to turn awareness into action and play a part in helping to tackle the epidemic, which is taking a toll on the health and financial well-being of individuals, families, communities, businesses and the nation's health system.

### **Survey Methodology**

The national telephone poll was conducted Sept. 14-17, 2012, by ORC International using its CARAVAN omnibus services on behalf of UnitedHealth Group. The national sample included 1,007 adults (503 men and 504 women), 18 years of age and older, and living in the continental United States. 657 interviews were from the landline sample, and 350 interviews from the cell phone sample. Margin of error was +/- 2 percentage points for the total national sample of 2,012 and +/- 3 percentage points for the qualified national sample of 1,007 at a 95-percent confidence level.