

## November: Diabetes Awareness Month Know the Numbers!

**Prevalence:** In 2021, 38.4 million Americans, or 11.6% of the population, had diabetes.

2 million Americans have type 1 diabetes, including about 304,000 children and adolescents

**Diagnosed and undiagnosed:** Of the 38.4 million adults with diabetes, 29.7 million were diagnosed, and 8.7 million were undiagnosed.

**Prevalence in seniors:** The percentage of Americans age 65 and older remains high, at 29.2%, or 16.5 million seniors (diagnosed and undiagnosed).

**New cases:** 1.2 million Americans are diagnosed with diabetes every year.

**Prediabetes:** In 2021, 97.6 million Americans age 18 and older had prediabetes.

**Diabetes in youth:** About 352,000 Americans under age 20 are estimated to have diagnosed diabetes, approximately 0.35% of that population.

In 2017–2018, the annual incidence of diagnosed diabetes in youth was estimated at 18,200 with type 1 diabetes, 5,300 with type 2 diabetes.

### Diabetes by race/ethnicity

The rates of diagnosed diabetes in adults by race/ethnic background are:

- 13.6% of American Indians/Alaskan Native adults
- 12.1% of non-Hispanic Black adults
- 11.7% of Hispanic adults
- 9.1% of Asian American adults

• 6.9% of non-Hispanic White adults  
The breakdown among Asian American adults:

- 12.2% of Filipino
- 10.8% of Asian Indian
- Chinese, Japanese, Korean, and Vietnamese prevalences range from 6.1–7.1%

• 8.9% of other Asian American groups

The breakdown among Hispanic adults:

- 13.3% Puerto Rican
- 11.1% Mexican or Mexican American
- 9.4% Dominican
- 9.0% Cuban

Central American, South American, and other Hispanic, Latino, or Spanish adults had prevalences ranging from 5.0%–7.3%

**Deaths:** Diabetes was the eighth leading cause of death in the United States in 2021 based on the 103,294 death certificates in which diabetes was listed as the underlying cause of death. In 2021, diabetes was mentioned as a cause of death in a total of 399,401 certificates.

### Cost of diabetes

Updated November 2, 2023:

- \$412.9 billion: Total cost of diagnosed diabetes in the United States in 2022
- \$306.6 billion was for direct medical costs
- \$106.3 billion was in indirect costs

After adjusting for population age and sex differences, average medical expenditures among people with diagnosed diabetes were 2.6 times higher than what expenditures would be in the absence of diabetes.



## Fun Fact:

November's full Moon is traditionally called the Beaver Moon. Why this name? In the colonial era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs.



For more information on diabetes, or to make an appointment, call your Weeks primary care provider at 603-788-5095.

The Diabetes Support Group monthly newsletter is produced by Weeks Medical Center Registered Nurse and Diabetes Care and Education Specialist, Ashley Clauss. If you have any questions regarding the Diabetes Support Group, contact Ashley at 603-788-5659. Not only is this support group for patients with diabetes, but also their family, caregiver, and support person. All are welcome. We are always looking for new members!



## Next Meeting... Please Join Us

Our next meeting will be on Tuesday, November 26, 2024, from 7:00pm - 8:00pm. This meeting will be located in the Hospital Board Room. Join us for our guest speaker, Erin Campbell, RD, MD.

## RECIPE OF THE MONTH

### Maple-Pumpkin Spice Oatmeal Cookies

Enjoy all the flavors of fall with these hearty maple-pumpkin spice oatmeal cookies. Diabetes-friendly and made using natural sugars, these cookies will satisfy your pumpkin spice sweet tooth without derailing your diabetes management plan.

#### INGREDIENTS

- 1 1/4 old-fashioned rolled oats
- 1/2 cup all-purpose flour or wheat pastry flour
- 1 tsp baking powder
- 3/4 tsp sea salt
- 3/4 tsp pumpkin pie spice or ground cinnamon
- 1/2 cup unsweetened applesauce
- 2 oz dried apricots (about 7 or 8 pieces)
- 1/4 cup pure maple syrup
- 4 Tbsp unsalted butter (room temperature)
- 2 Tbsp sunflower or avocado oil
- 1 large egg
- 1 1/2 tsp pure vanilla extract

#### DIRECTIONS

1. Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper or use silicone baking mats.
2. In a medium bowl, stir together the oats, flour, baking powder, salt, and pumpkin pie spice.
3. Add the applesauce, dried apricots, maple syrup, butter, and oil to a blender. Cover and blend until well combined. Add the egg and vanilla extract and blend until puréed like a smoothie. Pour the batter into the dry mixture in the medium bowl and stir until well combined. Note: The batter will seem slightly loose (runny).
4. Drop 7 cookies on each baking sheet, about 2 well-rounded measuring tablespoons each. Bake until browned on the bottom, about 25 minutes.
5. Remove cookies from the oven and let cool completely on the baking sheets on racks. Store the soft-chew cookies in an



#### NUTRITION FACTS

Servings Per Recipe: 14, Serving Size: 1 cookie, Calories 120, Total Fat 6g, Satfat 2.5g, Cholesterol 20mg, Sodium 150mg, Total Carbohydrated 16g, Dietary Fiber 2g, Total Sugars 7g, Added Sugars 3g, Protein 2g, Potassium 115mg, Phosphorous 80mg.

<https://diabetesfoodhub.org/recipes/maple-pumpkin-spice-oatmeal-cookies#recipe-steps-section>



Weeks Medical Center

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