

# National Diabetes Fact Sheet

## Errata—June 2005

### **Prediabetes: Impaired glucose tolerance and impaired fasting glucose**

Prediabetes is a term used to distinguish people who are at increased risk of developing diabetes. People with prediabetes have impaired fasting glucose (IFG) or impaired glucose tolerance (IGT). Some people may have both IFG and IGT.

- IFG is a condition in which the fasting blood sugar level is elevated (100 to 125 milligrams per deciliter or mg/dL) after an overnight fast but is not high enough to be classified as diabetes.
- IGT is a condition in which the blood sugar level is elevated (140 to 199 mg/dL) after a 2-hour oral glucose tolerance test, but is not high enough to be classified as diabetes.
- In a cross-section of U.S. adults aged 40-74 years who were tested from 1988 to 1994, 33.8% had IFG, 15.4% had IGT, and 40.1% had prediabetes (IGT or IFG or both). Were these percentages applied to the 2000 U.S. population, about 35 million adults aged 40-74 would have IFG, 16 million would have IGT, and 41 million would have prediabetes.
- Progression to diabetes among those with prediabetes is not inevitable. Studies suggest that weight loss and increased physical activity among people with prediabetes prevent or delay diabetes and may return blood glucose levels to normal.
- People with prediabetes are already at increased risk for other adverse health outcomes such as heart disease and stroke.

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**Prevalence of diagnosed diabetes among people under 20 years of age, United States, 2002**, the estimates should read as follows:

About **210,000** people under 20 years of age have diabetes, not 206,000.

This represents **0.26%** of all people in this age group, not 0.25%.

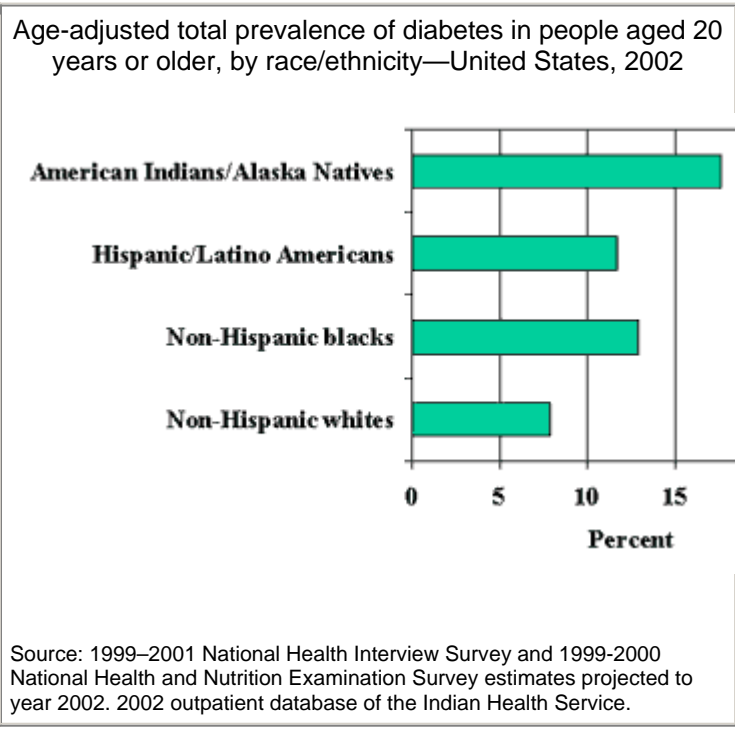
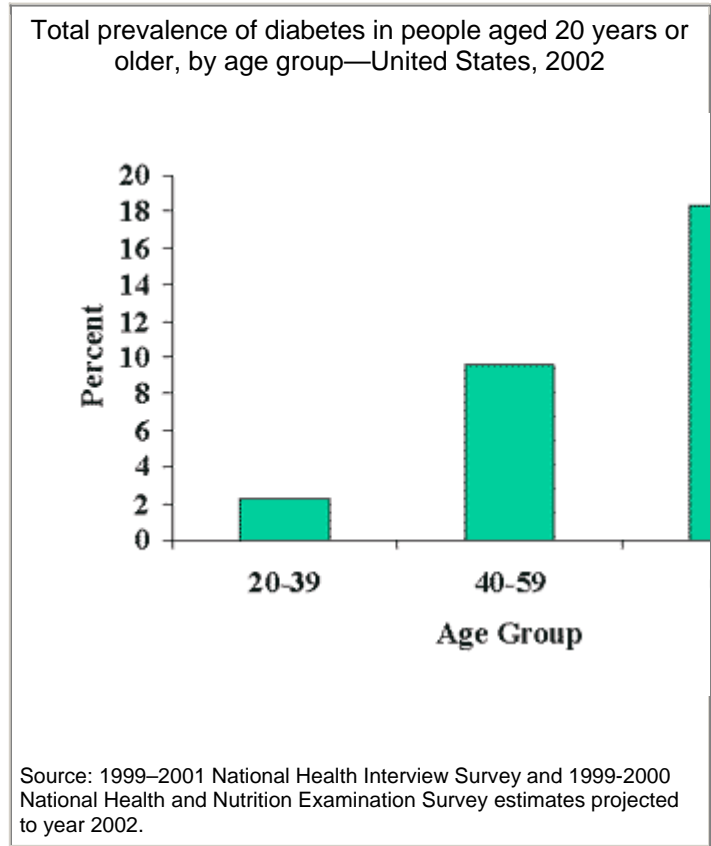
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**Total prevalence of diabetes by race/ethnicity among people aged 20 years or older, United States, 2002**, the sentence should read as follows:

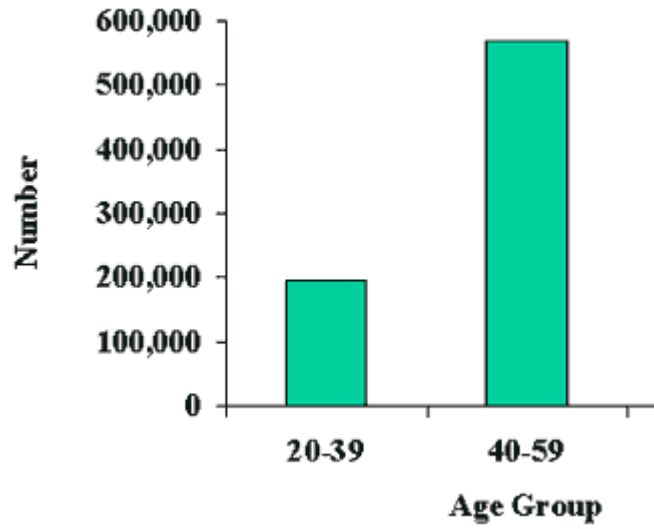
On average, American Indians and Alaska Natives are **2.2** times (not 2.3 times) as likely to have diabetes as non-Hispanic whites of similar age.

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In **National Estimates on Diabetes**, the graphs have changed.



Number of new cases of diagnosed diabetes in people aged 20 years or older, by age group—United States, 2002



Source: 1999–2001 National Health Interview Survey estimates projected to year 2002.