



Prevalence of Prediabetes Among Adults

PAGE 5 of 9
◀ View [Table of Contents](#)

- An estimated 96 million adults aged 18 years or older had prediabetes in 2019 (Table 3).
- Among US adults aged 18 years or older, crude estimates for 2017–2020 were:
 - 38.0% of all US adults had prediabetes, based on their fasting glucose or A1C level (Table 3).
 - 19.0% of adults with prediabetes reported being told by a health professional that they had this condition (Table 3).

Among US adults aged 18 years or older, age-adjusted data for 2017–2020 indicated:

- 10.8% of adults had prediabetes, based on both elevated fasting plasma glucose and A1C levels ([Appendix Table 5](#)).
- A higher percentage of men (41.0%) than women (32.0%) had prediabetes, based on their fasting glucose or A1C level ([Appendix Table 6](#)).
- Prevalence of prediabetes (based on fasting glucose or A1C level) was similar among all racial/ethnic groups and education levels ([Appendix Table 6](#)).

Table 3. Estimated number, percentage, and awareness of prediabetes^a among adults aged 18 years or older, United States, 2017–2020 and 2019

Characteristic	Prediabetes, ^a 2019 estimates Number in millions (95% CI)	Prediabetes, ^a 2017–2020 estimates Percentage (95% CI)	Prediabetes awareness, ^b 2017–2020 estimates Percentage (95% CI)
Total	96.0 (90.5–102.0)	38.0 (35.7–40.3)	19.0 (15.0–23.7)
Age group			
18–44	32.2 (27.7–36.8)	27.8 (24.0–32.0)	13.8 (9.8–18.9)
45–64	37.4 (35.0–39.9)	44.8 (41.7–47.9)	20.6 (14.3–28.9)
≥65	26.4 (24.1–28.7)	48.8 (44.3–53.2)	23.0 (16.9–30.4)
Sex			
Men	52.3 (48.0–56.6)	41.9 (38.4–45.6)	17.4 (13.4–22.2)
Women	43.7 (39.8–47.6)	34.3 (31.2–37.5)	20.9 (15.5–27.5)
Race-ethnicity			
White, non-Hispanic	62.4 (57.4–67.4)	38.7 (35.5–41.9)	17.3 (11.8–24.7)
Black, non-Hispanic	12.4 (11.4–13.5)	39.2 (35.8–42.6)	21.9 (18.0–26.5)
Asian, non-Hispanic	6.0 (5.3–6.8)	37.3 (32.6–42.3)	30.1 (21.0–41.1)
Hispanic	14.3 (13.0–15.6)	34.5 (31.3–37.7)	20.9 (15.3–27.9)

Note: CI = confidence interval. Data are crude estimates (See [Appendix B: Detailed Methods and Data Sources](#)). Time period 2017–2020 covers January 2017 through March 2020 only.

^a Prediabetes was defined as fasting plasma glucose values of 100 to 125 mg/dL or A1C values of 5.7% to 6.4%.

^b Prediabetes awareness was based on self-report and estimated only among adults with prediabetes.

Data sources: 2017–March 2020 National Health and Nutrition Examination Survey; 2019 US Census Bureau data.

Trends in Prevalence of Prediabetes Among Adults

- There were no significant changes in age-adjusted prevalence of prediabetes from 2005–2008 to 2017–2020 ([Appendix Table 7](#)). About one-third of US adults had prediabetes over the entire period.
- Among adults with prediabetes, the age-adjusted percentage aware that they had this condition increased from 6.5% in 2005–2008 to 17.4% in 2017–2020 ([Appendix Table 7](#)).

Report Pages

National Diabetes Statistics Report	Risk Factors for Diabetes-Related Complications
Prevalence of Both Diagnosed and Undiagnosed Diabetes	Preventing Diabetes-Related Complications
Prevalence of Diagnosed Diabetes	Coexisting Conditions and Complications
Incidence of Newly Diagnosed Diabetes	Appendix
› Prevalence of Prediabetes Among Adults	