THE STATE OF T1D

Type 1 Diabetes by the Numbers

THE BURDEN BEHIND THE NUMBERS Type 1 diabetes (T1D) is more than a daily medical challenge. It affects every part of life, from physical health to mental well-being.

Incidence and Prevalence of T1D in the U.S.

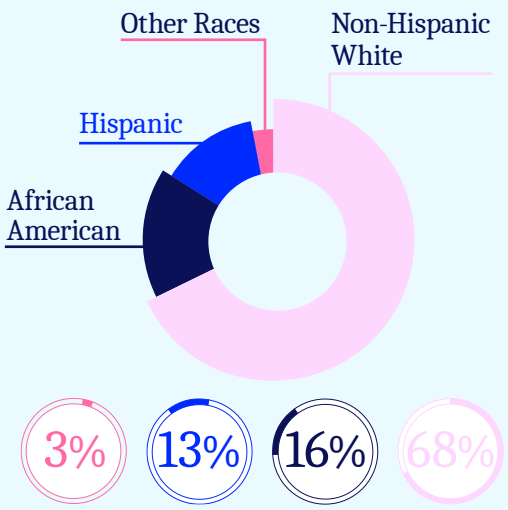
- **1.5 million people** live with T1D in the U.S.
- Of the 1.5 million Americans living with T1D, **199,000 are children under 20.**
- Most people with T1D are between the **ages of 45 and 65**.
- **9.5 million people** live with T1D worldwide.

CGM and Insulin Pump Use

Between 2021-2023 (U.S.)

KIDS with T1D	ADULTS with T1D
82%	57%
CONTINUOUS GLUCOSE MONITOR (CGM)	
50%	29%
PUMPS	

T1D Demographics in the U.S.



The prevalence of **T1D is increasing across all populations**, most significantly among Hispanic youth.

T1D Technology Access

If everyone around the globe had access to technology that automates glucose monitoring and insulin delivery, **741,000 more people could be alive in 2040**.

If everyone in the United States had access to devices, we would restore another **5.8 healthy years to the average person with T1D**.

Insulin pump usage has become more prevalent in the U.S., but research shows **pumps are less common among people of color with T1D and among people with government insurance coverage in the U.S.**

Breakthrough T1D®
Formerly JDRF

To find out more, **visit BreakthroughT1D.org**

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November 2026

Recent T1D Breakthroughs

2024 

Project ACT (Accelerate Cell Therapies) launched to speed up cell therapy research projects, advocacy work, and clinical adoption.

2025 

Breakthrough T1D launched **the first Barbie with T1D** in partnership with Mattel, raising awareness for the T1D community.

2026 

Backed by Breakthrough T1D, **Tzield®, the first treatment shown to delay the need for insulin therapy for T1D,** received FDA approval for label expansions in 2026, extending its use to younger children with Stage 2 T1D and introducing a new indication for children recently diagnosed with Stage 3 T1D.*

2026 

Vertex and Eledon Pharmaceuticals report promising cell therapy results that could move T1D closer to a functional cure. Vertex's cell therapy was made possible by earlier support from Breakthrough T1D and the T1D Fund, and we're directly supporting Eledon's research today.

*Stage 2 T1D-autoantibodies present, no symptoms. Stage 3 T1D-high blood sugar, may have symptoms

The Emotional Toll of Managing T1D

39% **of people** with T1D experience diabetes distress, reflecting the emotional toll of managing the disease.

The Economic Impact of T1D

$16B In the U.S., there are $16 billion in **T1D-associated healthcare expenditures** and lost income annually.

MORE PEOPLE WILL BE LIVING WITH T1D

Estimates predict **2.7 million extra people** will be living with T1D globally by 2049, **a 29% increase compared with 2025 data**

Over half a million more in the U.S. in 2049 compared to 2025

Screening and Early Detection

In 2026, Breakthrough T1D convened an internationally supported paper that outlines the first framework for implementing general population screening for T1D in clinical practice.

T1D screening programs, combined with long-term monitoring, can reduce life-threatening diabetic ketoacidosis (DKA) at diagnosis from 15-80% worldwide to less than 5%.

T1D RESEARCH AND ADVOCACY INFORMATION SOURCES: Global prevalence and correlates of diabetes distress in type 1 diabetes: A systematic review and meta-analysis, Osei, Ekpor, Akyirem, July 2026; The Cost of Diabetes Care—An Elephant in the Room, Riddle, Herman, April 2018; DIAMOND-T1D model, 2026; T1D Index; T1D Prevalence Rising Among US Adults, Study Finds, AJMC article May 3, 2024; JHEOR Smith R, Eisenberg S, Turner-Phifer A, et al. Trends and Disparities in Technology Use and Glycemic Control in Type 1 Diabetes, Fang, Xu, et al, August 2025. We Are on the Verge of Breakthrough Cures for Type 1 Diabetes, but Who Are the 2 Million Americans Who Have It? JHEOR. 2024;11(2):145- 153. doi:10.36469/001c.124604. PMID:39553538; ISPAD Clinical Practice Consensus Guidelines 2024: Screening, Staging, and Strategies to Preserve Beta-Cell Function in Children and Adolescents with Type 1 Diabetes - PMC, Haller, Bell, Besser, et al December 2024; Avalere Health White Paper: Estimated Federal Savings from the Special Diabetes Program; Reducing Requirements for Insulin Pump Referral Improves Pump Initiation for Publicly Insured Children and Youth With Type 1 Diabetes, Brian Miyazaki; Jennifer Baldwin; James Connard; Jose Aceves; Jessica Llovido Alula; Casey Berman; Jessica Ferris; Debra Miller; Ori Odugbesan; Rebecca Ortiz La Banca Barber; Lily C. ChaoClin Diabetes 2025;43(1):156–160