

The Numbers Tell the Story

The facts of Syndrome X are evident and the connection among these health conditions can no longer be overlooked:

- An estimated 47 million American adults have Syndrome X. That's 23.7% of the population.
- An estimated 1 million American adolescents (ranging in age from 12 to 19 years old) have Syndrome X—or 4.2% overall.
- 13.9 million Americans have physician-diagnosed diabetes. Plus, an estimated 5.9 million Americans have undiagnosed diabetes.
- An estimated 14.5 million Americans have pre-diabetes.
- 134.8 million American adults are overweight or obese.
- Each year an estimated 300 thousand American adults die of causes related to obesity.
- 106.9 million American adults have total cholesterol levels of 200 mg/dL or higher.
- About 10% of American adolescents have total cholesterol levels exceeding 200 mg/dL.
- Nearly 1 in 3 Americans have high blood pressure. Of those with high blood pressure, 30% are unaware that they have it.