

CELIAC DISEASE: FACTS & FIGURES

WHAT IS CELIAC DISEASE?

Celiac disease is one of the world's **most prevalent chronic autoimmune diseases**. For people with celiac disease, eating gluten (a protein found in wheat, rye, and barley) causes the immune system to create antibodies that **attack the small intestine**. Villi, small finger-like projections that line the small intestine, atrophy and eventually flatten, causing them to lose the ability to absorb nutrients. Celiac disease can lead to many other **devastating health conditions**, including cancer, and results in extraordinary **economic and productivity costs** to both the public and private sectors from employee and student **absenteeism**, as well as repeated, inconclusive visits to healthcare providers.

CELIAC DISEASE FAST FACTS



Affects **1 in 100** people in North America.



Millions of individuals with celiac disease are **undiagnosed**.



Average time to diagnosis is **6-10** years.



There is **no medication or cure** for celiac disease—the only treatment is a lifelong, strict gluten-free diet.



30-50% of adults have **persistent symptoms** despite following a gluten-free diet.



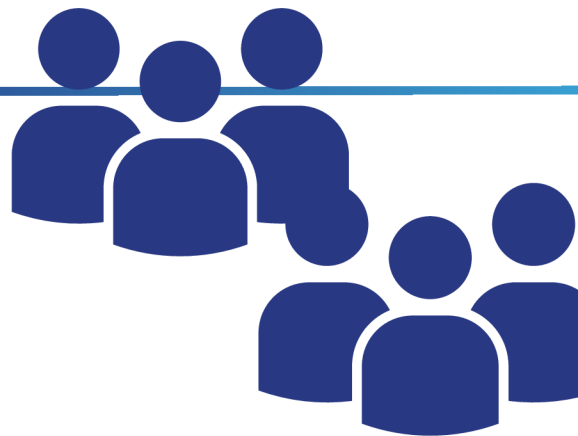
Participants report **missing 23 days of work/school annually** due to celiac-related illness, with 74% having been accidentally exposed to gluten within the past 30 days.

INCREASED MORTALITY RISK ASSOCIATED WITH CELIAC DISEASE

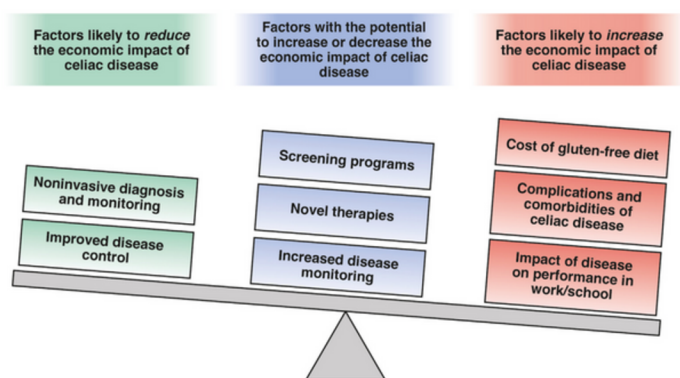
6X increased risk of death from **non-Hodgkin's lymphoma** **3X** increased risk of death from **liver disease** **2X** increased risk of death from **pneumonia** **4X** increased risk of **small bowel cancer**

REFRACTORY CELIAC DISEASE

- 1 in 200 patients have RCD I or II, meaning they don't respond to a strict gluten-free diet.
- RCD-II patients have a 50% increased risk of developing enteropathy-associated T cell lymphoma (EATL).
- The average survival time for patients with RCD-II is 3-10 years post-diagnosis.



CELIAC DISEASE BURDEN



- In addition to the costs of symptom investigation, diagnosis, and monitoring, the **higher price of gluten-free foods** compared to regular foods significantly adds to the disease burden.
- Up to **27%** of families with a child with celiac disease screen positive for **food insecurity**.
- At diagnosis, patients with celiac disease had **1.59 times more work lost than their peers**.
- 40% of patients with celiac disease would **want a treatment other than a gluten-free diet**.

THE ONLY TREATMENT: A GLUTEN-FREE DIET

- Gluten is very challenging to avoid because it is found in a wide variety of **staple foods**, including breads, pastas, crackers, baked goods, soups, sauces, dressings, beer, meat substitutes, licorice, and soy sauce.
- Gluten-free substitutes contain **more fat, sugar, and fewer nutrients** than their gluten-containing counterparts. This may increase a patient's risk of chronic diseases like diabetes, cardiovascular disease, and fatty liver disease.

>10 g

A normal diet contains this much gluten per day.

50 mg

As little as this much gluten can trigger symptoms.

10 mg

This much gluten per day is considered safe — the equivalent of 1/8 teaspoon of flour.

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