**A Snapshot: Diabetes in the United States**

**Diabetes**
- **30.3 million** people have diabetes
  - That’s about 1 out of every 10 people
  - 1 out of 4 don’t know they have diabetes

**Prediabetes**
- **84.1 million** people — more than 1 out of 3 adults — have prediabetes
- 9 out of 10 don’t know they have prediabetes

**Cost**
- **$245 billion**: Total medical costs and lost work and wages for people with diagnosed diabetes
- Risk of death for adults with diabetes is **50% higher** than for adults without diabetes
- Medical costs for people with diabetes are **more than twice as high**: $2 vs $1

If you have prediabetes, losing weight by:
- Eating healthy
- Being more active

can cut your risk of getting type 2 diabetes in **half**

People who have diabetes are at higher risk of serious health complications:
- Blindness
- Kidney failure
- Heart disease
- Stroke
- Loss of toes, feet, or legs
**TYPES OF DIABETES**

**TYPE 1**

BODY DOESN’T MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

**TYPE 2**

BODY CAN’T USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

**Nearly 18,000 youth diagnosed each year in 2011 and 2012**

In adults, type 1 diabetes accounts for approximately **5%** of all diagnosed cases of diabetes

In adults, type 2 diabetes accounts for approximately **95%** of all diagnosed cases of diabetes

**More than 5,000 youth diagnosed each year in 2011 and 2012**

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**RISK FACTORS FOR TYPE 2 DIABETES:**

- **1.5 MILLION People 18 years and older diagnosed in 2015**
- **BEING OVERWEIGHT**
- **HAVING A FAMILY HISTORY**
- **BEING PHYSICALLY INACTIVE**
- **BEING 45 AND OLDER**

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**WHAT CAN YOU DO?**

**You can prevent or delay type 2 diabetes**

- LOSE WEIGHT IF NEEDED
- EAT HEALTHY
- BE MORE ACTIVE

**Learn more at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) or speak to your doctor**

**You can manage diabetes**

- WORK WITH A HEALTH PROFESSIONAL
- EAT HEALTHY
- STAY ACTIVE

**Learn more at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep) or speak to your doctor**

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**REFERENCES**


