

A SNAPSHOT

DIABETES IN THE UNITED STATES

DIABETES

**30.3
MILLION**

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**



84.1 million people — more than 1 out of 3 adults — have prediabetes



**9
OUT
OF
10** don't know they have prediabetes



If you have prediabetes, losing weight by:



**EATING
HEALTHY**

&



**BEING
MORE
ACTIVE**

can cut your risk of getting type 2 diabetes in
HALF



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**

\$\$



\$

as for people without diabetes

2X

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



**KIDNEY
FAILURE**



**HEART
DISEASE**



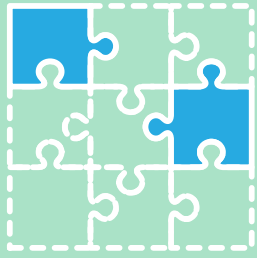
STROKE



**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

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

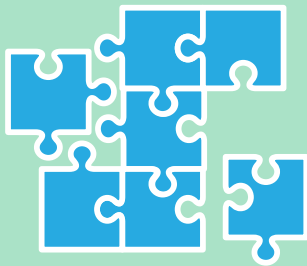


In adults, type 1 diabetes accounts for approximately

5%

of all diagnosed cases of diabetes

TYPE 2



BODY CAN'T USE INSULIN PROPERLY

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

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

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

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
OR SPEAK TO YOUR DOCTOR

You can **manage** diabetes



WORK WITH A HEALTH PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

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OR SPEAK TO YOUR DOCTOR

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CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.

