**DIABETES**

Diabetes is a disease that causes high levels of sugar (glucose) in the blood because the insulin is not working. The body needs insulin to turn glucose from food into energy.

**TYPE 1 DIABETES** happens when the body does **not make** insulin. It happens mostly in children and young adults.

**TYPE 2 DIABETES** happens when the body does **not use** insulin well. Most people (90%) with diabetes have Type 2.

**PRE-DIABETES** is when blood sugar levels are higher than normal, but not high enough to be called diabetes. People with pre-diabetes are at risk of getting type 2 diabetes.

**FINANCIAL COSTS**

People with diabetes have **TWICE THE MEDICAL COSTS** than those without.

2X People with diabetes spend about **$13,700 PER YEAR** on medical costs: **$7,900** of which is directly related to their **DIABETES**.

**$245 BILLION**

The total cost of diabetes in the United States in 2012.

**PERSONAL COSTS**

**FAMILY**

“I was diagnosed with diabetes when I was 30. I thought I might never see my daughters married.”

**WORK**

“I always wanted to be a first responder, but having Type 2 diabetes almost prevented that from happening.”

**FRIENDS**

“Being a teenager is hard enough, but being a teenager with Type 1 diabetes is even harder.”

Do it for your family, your friends, for Maine, but mostly do it for you. Learn more about the National Diabetes Prevention Program in Maine by visiting [www.ReThinkDiabetes.org](http://www.ReThinkDiabetes.org)
ECONOMIC COSTS

$5 BILLION lost wages due to missing work.

$20.8 BILLION being less productive while at work.

$21.6 BILLION not being able to work due to diabetes related disability.

$18.5 BILLION lost due to early death.

HEALTH COSTS

7TH LEADING CAUSE of DEATH in Maine.

More likely to die of HEART DISEASE or have a STROKE.

6 OUT OF 10 non-traumatic LOWER LIMB AMPUTATIONS in Maine are due to diabetes.

Leading cause of BLINDNESS.

Accounts for 4 OUT OF 10 KIDNEY FAILURES.

WHAT CAN MAINERS DO TO PREVENT DIABETES?

AS AN EMPLOYER:
- Talk to your health insurance plan about covering the National Diabetes Prevention Program as a health benefit.
- Offer the National Diabetes Prevention Program to your employees.
- Support and promote lifestyle changes to your employees with diabetes and pre-diabetes.

AS A HEALTH INSURER:
- Include the National Diabetes Prevention Program in your suite of covered health benefits.
- Promote the National Diabetes Prevention Program to your members.

AS A HEALTHCARE PROVIDER:
- Talk to your clients about their risk of pre-diabetes.
- Refer your patients to the National Diabetes Prevention Program.
- Encourage your patients to participate in National Diabetes Prevention Program classes.

AS A MAINER:
- Talk to your doctor about your risk of pre-diabetes.
- Attend and encourage your family to attend National Diabetes Prevention Program classes.
- Eat healthy foods and become more active.