

DIABETES IN THE UNITED STATES



DIABETES

29.1
MILLION

29.1 million people have diabetes



That's about 1 out of every 11 people

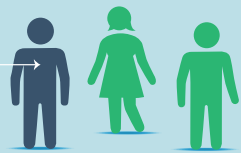


1 OUT OF **4**

do not know they have diabetes

PREDIABETES

86
MILLION



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



9 OUT OF **10** do not know they have prediabetes



Without weight loss and moderate physical activity

15–30% of people with prediabetes will develop type 2 diabetes within 5 years



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 **twice as high**

\$\$



\$

as for people without diabetes

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



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



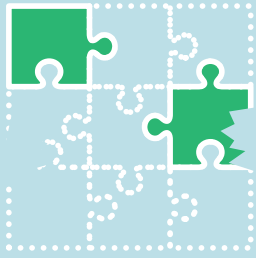
STROKE



LOSS OF TOES, FEET, OR LEGS

TYPES OF DIABETES

TYPE 1



BODY DOES NOT MAKE ENOUGH INSULIN

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

More than **18,000 youth** diagnosed each year in 2008 and 2009

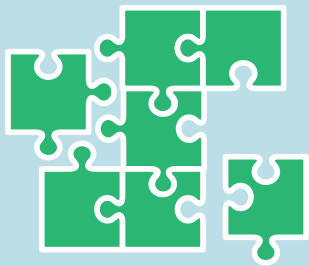


In adults, type 1 diabetes accounts for approximately

5%

of all diagnosed cases of diabetes

TYPE 2



BODY CANNOT USE INSULIN PROPERLY

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



Currently, at least **1 out of 3** people will develop the disease in their lifetime



More than **5,000 youth** diagnosed each year in 2008 and 2009

RISK FACTORS FOR TYPE 2 DIABETES:

1.7
MILLION

People **20 years** and older diagnosed in 2012



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



HAVING DIABETES WHILE PREGNANT (GESTATIONAL DIABETES)



WHAT CAN YOU DO?

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



LOSE WEIGHT



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

LEARN MORE AT www.cdc.gov/diabetes/ndep OR SPEAK TO YOUR DOCTOR

REFERENCES

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