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

**Diabetes**
- 29.1 million people have diabetes
- That's about 1 out of every 11 people

**Prediabetes**
- 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

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**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

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### 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

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

1.7 MILLION
People 20 years and older diagnosed in 2012

RISK FACTORS FOR TYPE 2 DIABETES:

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


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