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A SNAPSHOT

# 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**



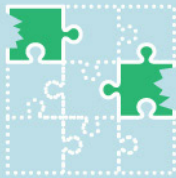
**STROKE**



**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

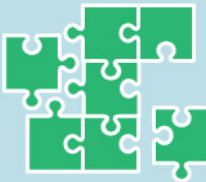


In adults, type 1 diabetes accounts for approximately

**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



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](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

#### REFERENCES

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

