A SNAPSHOT

DIABETES IN THE UNITED STATES

CDC

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

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

RIP

$$ $

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)

TAKE THE DIABETES RISK TEST

http://www.cdc.gov/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

Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Knowler WC, Barrett-Conner E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346:393–403. As cited in March 22, 2013, MMWR.

Tuomilehto J, Lindstom J, Eriksson J, et al; Finnish Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. N Engl J Med 2001; 344:1343–1350.

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