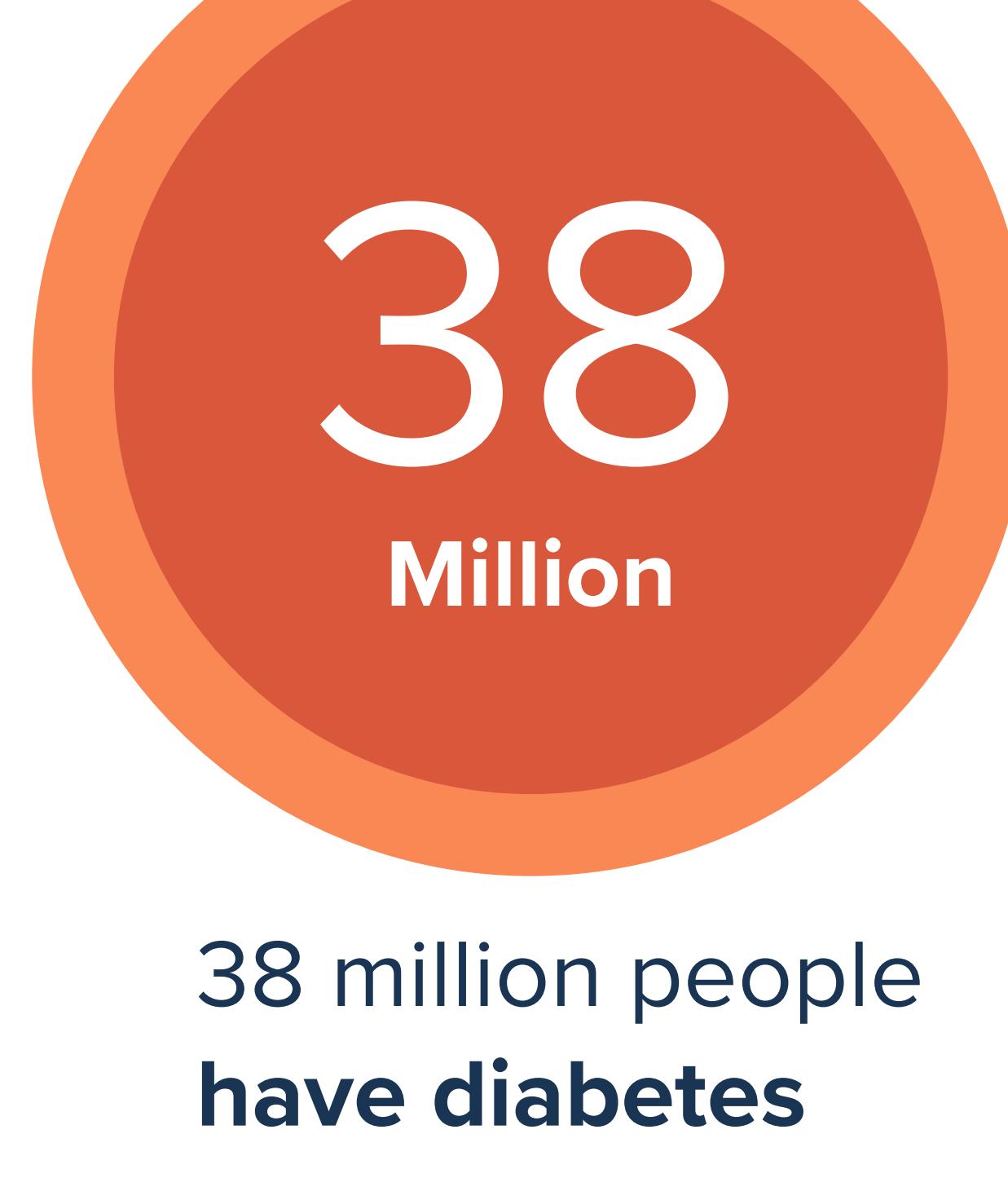


DIABETES IN THE U.S.

A US REPORT CARD



38
Million

38 million people have diabetes

DIABETES



That's about **1 in every 10** people



1 in 5 people **don't know they have it**



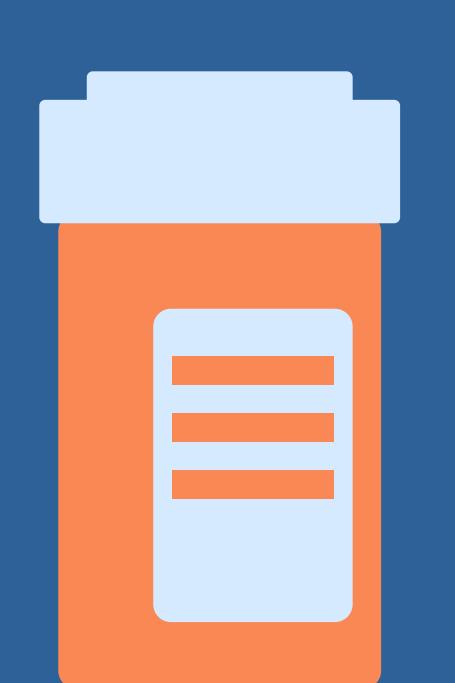
98
Million

98 million American adults—**more than 1 in 3**—have prediabetes



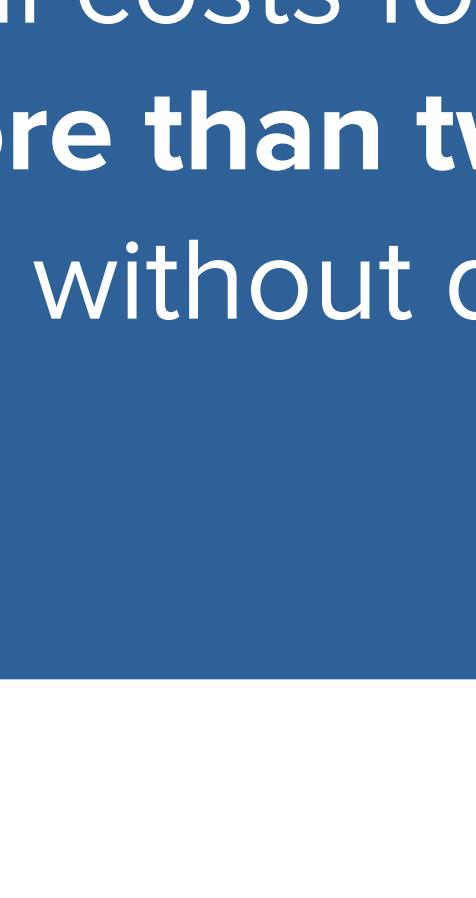
More than 8 in 10 adults with prediabetes **don't know they have it**

COST



\$413 Billion

Total medical costs & lost work & wages for people with diagnosed diabetes



Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

RISKS

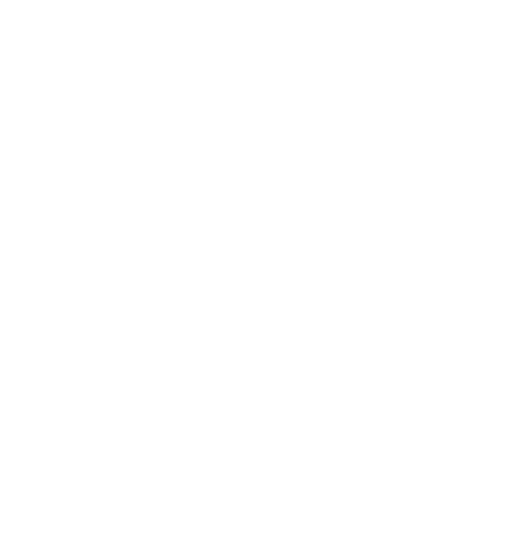
People who have diabetes are at **higher risk** of serious health complications:



Blindness



Kidney failure



Heart disease



Stroke



Loss of toes, feet, or legs

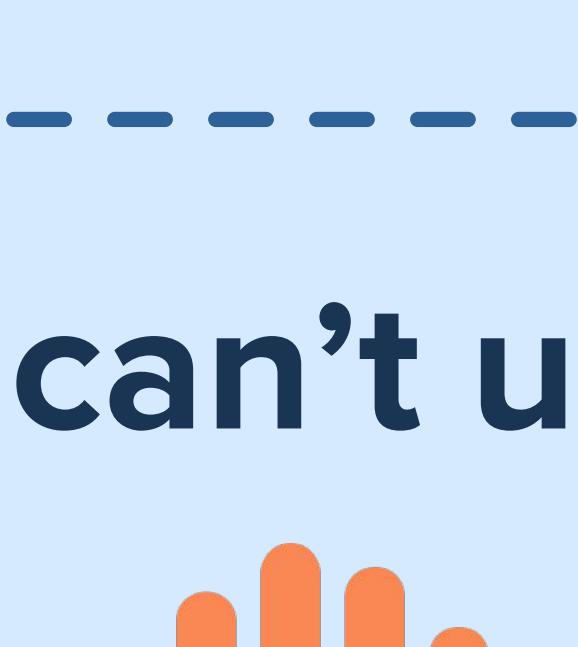
COMMON TYPES OF DIABETES

TYPE 1

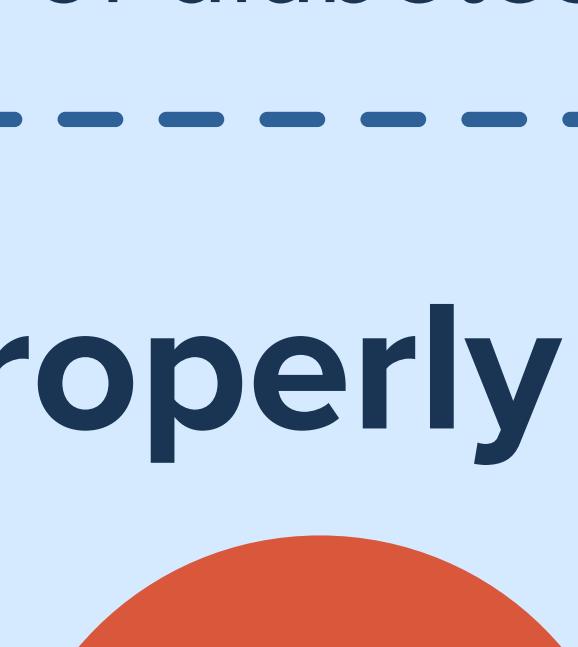
Body doesn't make enough insulin



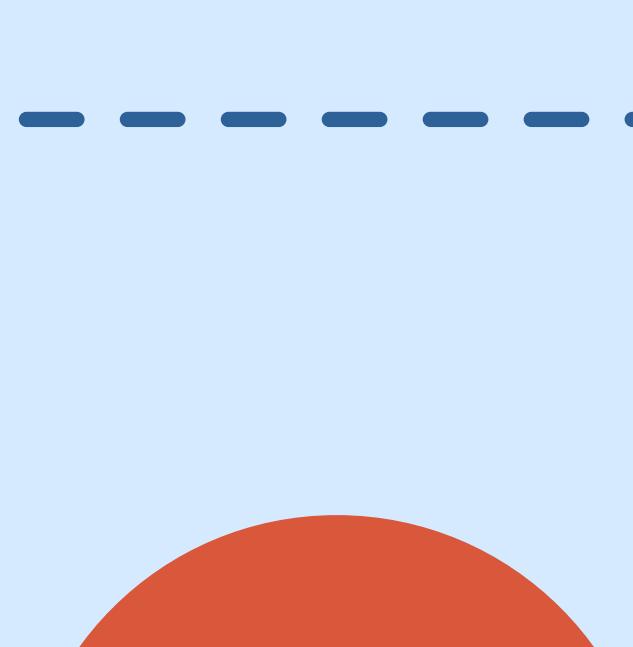
Can develop at **any age**



No known way to prevent it



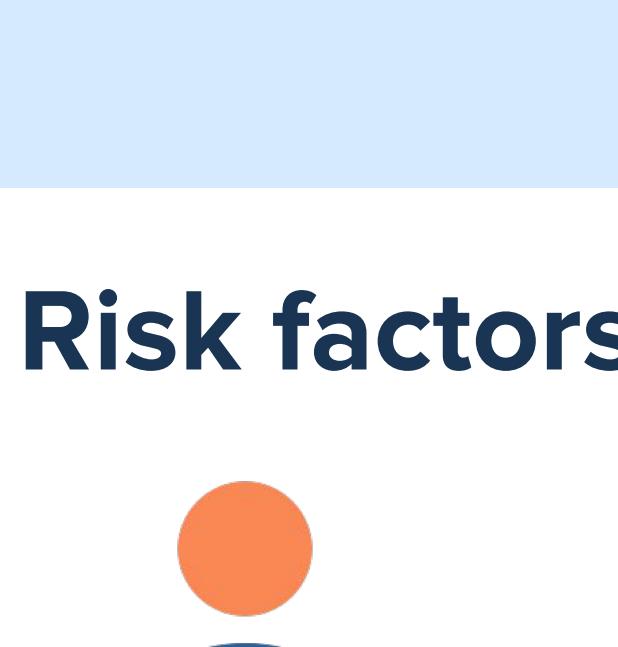
In adults, type 1 diabetes **accounts for approximately 5-10%** of all diagnosed cases of diabetes.



Just over 18,000 youth diagnosed each year in 2014 and 2015

TYPE 2

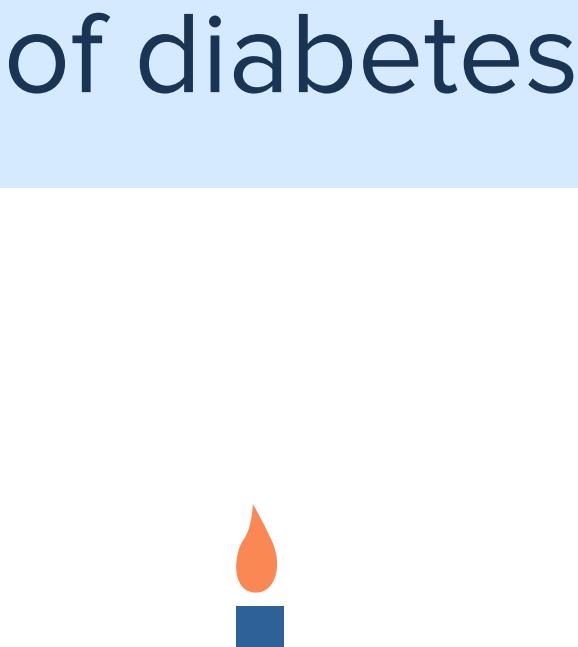
Body can't use insulin properly



Can develop at **any age**



Most cases **can be prevented**



In adults, type 2 diabetes **accounts for approximately 90-95%** of all diagnosed cases of diabetes.



Nearly 6,000 youth diagnosed each year in 2014 and 2015

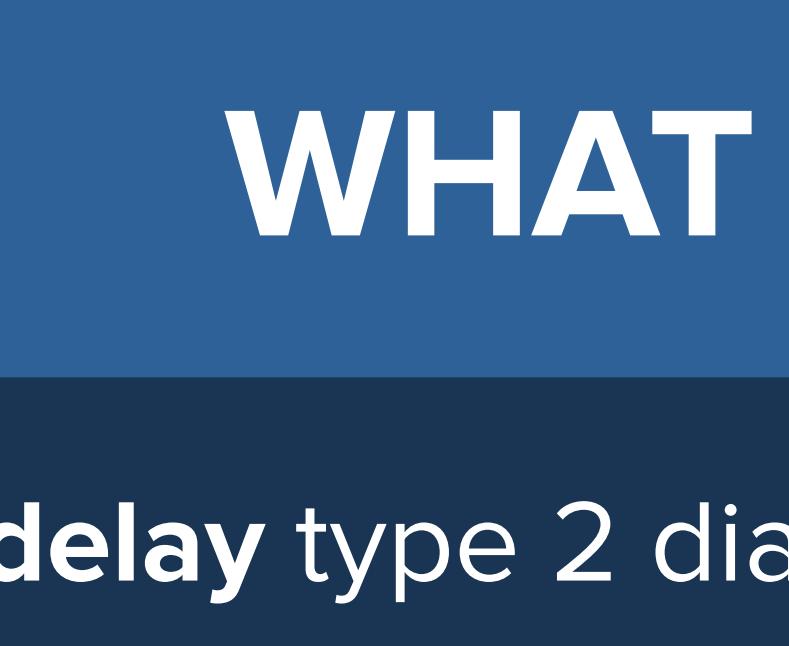
Risk factors for type 2 diabetes:



Being overweight



Having a family history



Being physically inactive



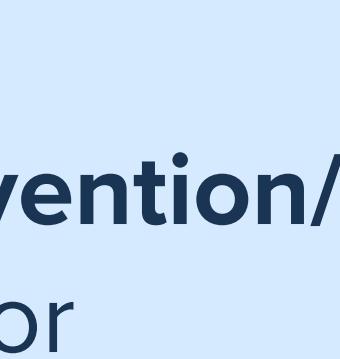
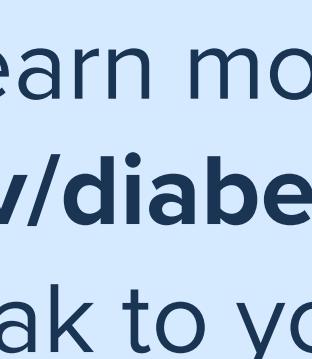
Being 45 or older

1.2 Million

People **18 years or older** diagnosed with diabetes in 2021

WHAT CAN YOU DO?

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

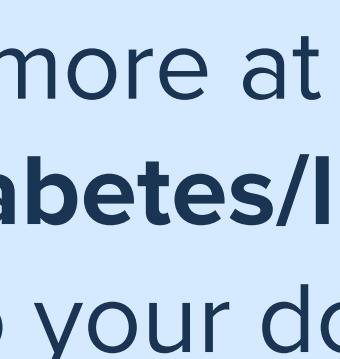


- ✓ Eat healthy
- ✓ Be more active
- ✓ Lose weight

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/living-with/ or speak to your doctor

REFERENCES: Centers for Disease Control and Prevention. National Diabetes Statistics Report, Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2022. American Diabetes Association. Standards of Medical Care in Diabetes—2021. Diabetes Care. 2021;44 (Supplement 1). Estimates of diabetes in the U.S. in 2017. Diabetes Care. 2018;41(9):1910-1918. Centers for Disease Control and Prevention. National Diabetes Statistics Report, Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2022. Analysis of linked national survey and vital statistics data. Lancet. 2018;391(10138):2430-2440.

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



U.S. Department of Health and Human Services

Centers for Disease Control and Prevention