

DIABETES

**30.3
MILLION**

30.3 million people have diabetes



That's about 1 out of every 10 people



1 OUT OF 4

don't know they have diabetes

PREDIABETES

**84.1
MILLION**

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



9 OUT OF 10

don't know they have prediabetes



If you have prediabetes, losing weight by:



EATING HEALTHY

&



BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in

HALF

COST



**\$245
BILLION**

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



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

Risk of death for adults with diabetes is



**50%
HIGHER**



than for adults without diabetes

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



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



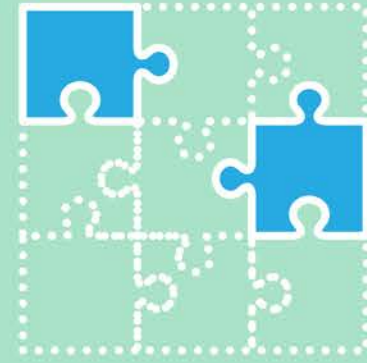
STROKE



LOSS OF TOES, FEET, OR LEGS

TYPES OF DIABETES

TYPE 1



BODY DOESN'T MAKE ENOUGH INSULIN

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

Nearly **18,000 youth** diagnosed each year in 2011 and 2012

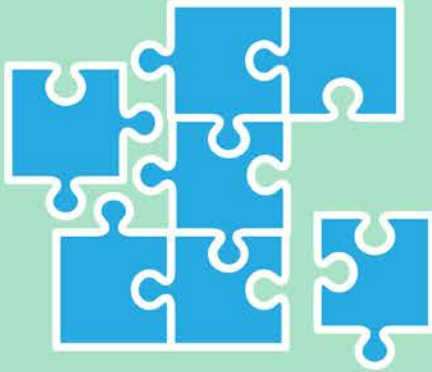


In adults, type 1 diabetes accounts for approximately

5%

of all diagnosed cases of diabetes

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

95%

of all diagnosed cases of diabetes

More than **5,000 youth** diagnosed each year in 2011 and 2012



**1.5
MILLION**

People **18 years and older** diagnosed in 2015



RISK FACTORS FOR TYPE 2 DIABETES:



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



BEING PHYSICALLY INACTIVE



BEING 45 AND OLDER

WHAT CAN YOU DO?

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



LOSE WEIGHT IF NEEDED



EAT HEALTHY



BE MORE ACTIVE

You can **manage** diabetes



WORK WITH A HEALTH PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

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

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

