

A SNAPSHOT

DIABETES IN THE UNITED STATES

DIABETES

34.2
MILLION

34.2 million people have diabetes



That's about 1 in every 10 people



1 IN 5

don't know they have diabetes

PREDIABETES

88
MILLION



88 million adults — more than 1 in 3 — have prediabetes

MORE THAN

8 IN 10

adults 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



\$327
BILLION

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

Risk of early death for adults with diabetes is

60%
HIGHER

than for adults without diabetes

Medical costs for people with diabetes are more than twice as high



2X

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

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:

1.5 MILLION

People 18 years or older diagnosed with diabetes in 2018



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



BEING PHYSICALLY INACTIVE



BEING 45 OR OLDER

WHAT CAN YOU DO?

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



LOSE WEIGHT IF NEEDED



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/managing 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.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention