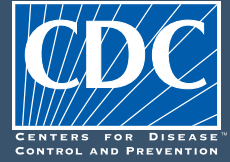


# DIABETES IN THE UNITED STATES



## DIABETES

**29.1**  
MILLION

29.1 million people have diabetes



That's about 1 out of every 11 people

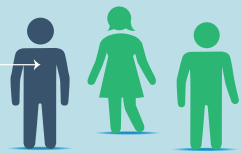


**1** OUT OF **4**

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**



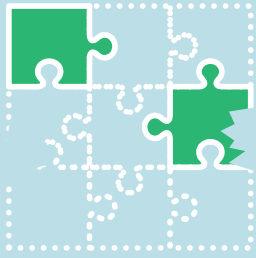
**STROKE**



**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

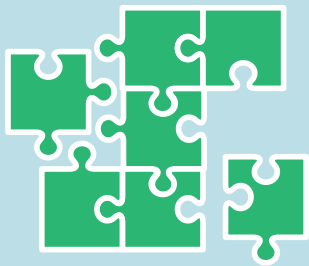


In adults, type 1 diabetes accounts for approximately

**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

### RISK FACTORS FOR TYPE 2 DIABETES:

**1.7**  
MILLION

People **20 years** and older diagnosed in 2012



**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

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.

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