

# DIABETES IN THE U.S

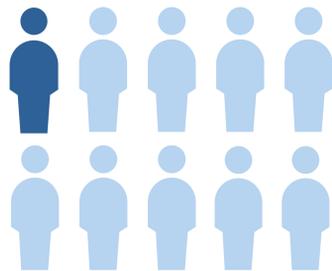
## A SNAPSHOT



### DIABETES



37 million people have diabetes

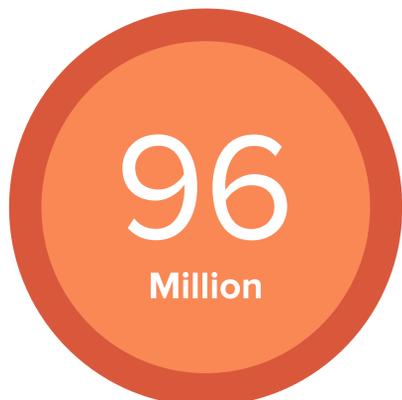


That's about **1 in every 10** people

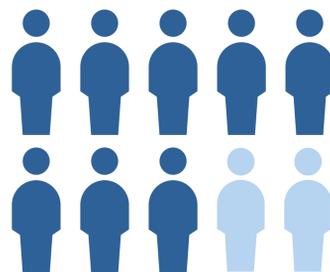


**1 in 5** people **don't** know they have it

### PREDIABETES



96 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



**\$327 Billion**

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



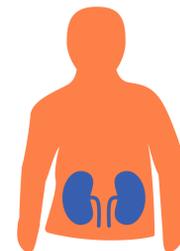
Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

### RISKS

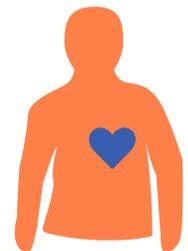
People who have diabetes are at **higher risk of serious health complications:**



Blindness



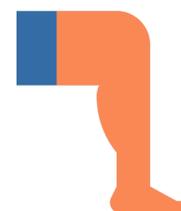
Kidney failure



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

5-10%

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

18,000

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

90-95%

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

nearly 6,000

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

1.4 Million

People 18 years or older diagnosed with diabetes in 2019

## 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](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/managing](http://www.cdc.gov/diabetes/managing) or speak to your doctor