

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**

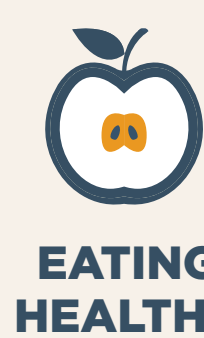
88 million adults — more than 1 in 3 — have prediabetes

**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**



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

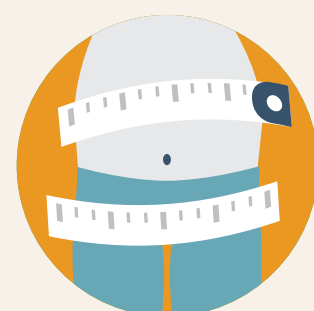


Nearly 6,000 youth diagnosed each year in 2014 and 2015

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

REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020.

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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