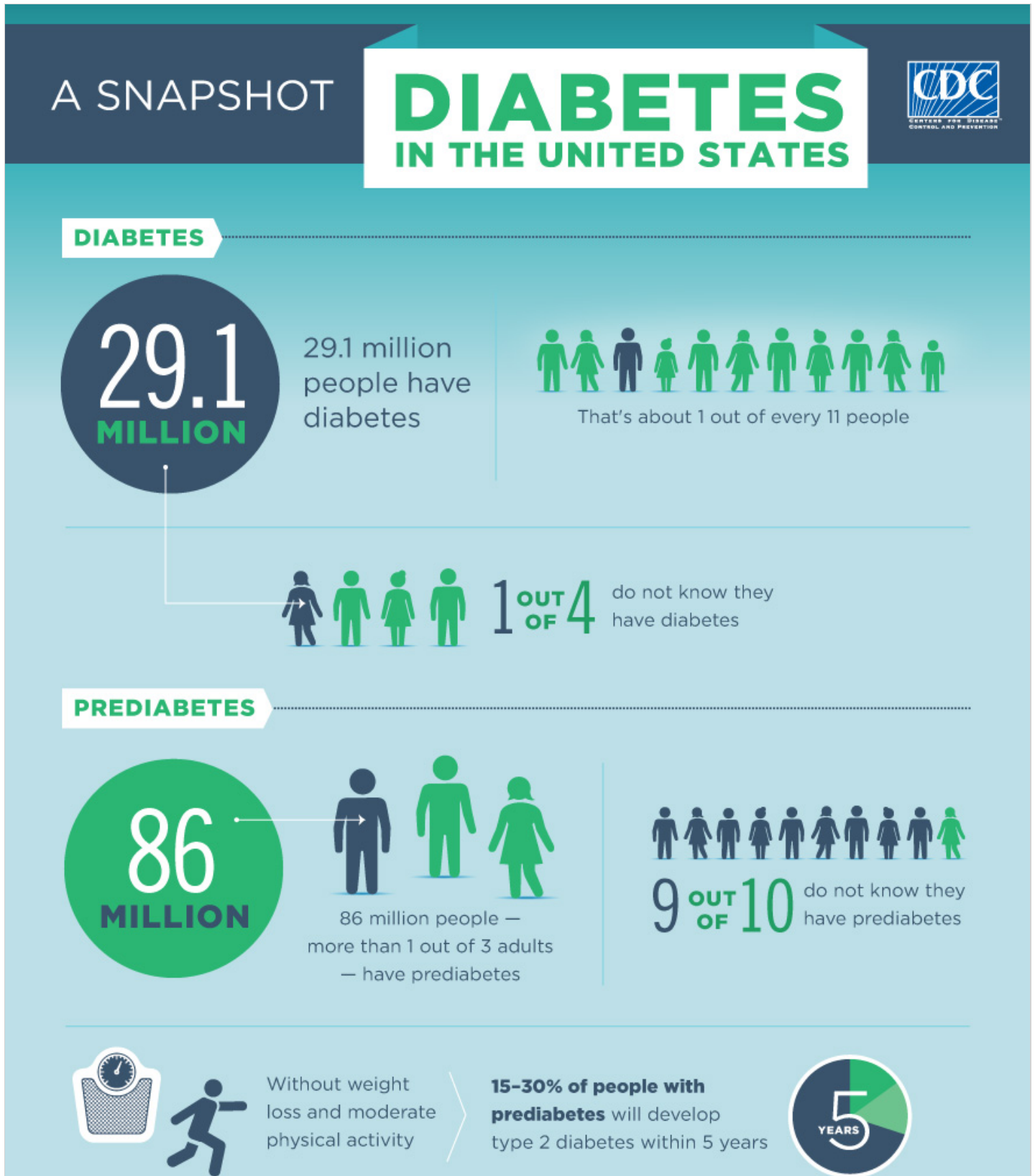


Infographic: A Snapshot of Diabetes in America

Content source: Division of Diabetes Translation: National Center for Chronic Disease Prevention and Health Promotion



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



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



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



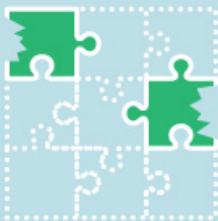
STROKE



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

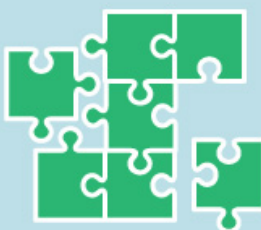


In adults, type 1 diabetes accounts for approximately

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



1.7 MILLION

People 20 years and older diagnosed in 2012



RISK FACTORS FOR TYPE 2 DIABETES:



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

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

OR SPEAK TO YOUR DOCTOR

REFERENCES

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

(http://www.cdc.gov/diabetes/prevention/?s_cid=bb-nccphp-diabetes-002)

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Articles from *Diabetes Forecast*® magazine: (<http://www.diabetesforecast.org>)

(<http://www.diabetes.org/in-my-community/become-a-member/?loc=articles>)

The Basics of Clinical Trials (<http://www.diabetesforecast.org/2014/12-dec/the-basics-of-clinical.html?loc=morefrom>)

Veterans and Diabetes (<http://www.diabetesforecast.org/2014/12-dec/veterans-and-diabetes.html?loc=morefrom>)

Pancreas and Kidney Transplants: New Lease on Life (<http://www.diabetesforecast.org/2014/11-nov/pancreas-and-kidney.html?loc=morefrom>)

Should You Take a Statin? (<http://www.diabetesforecast.org/2014/09-sep/should-you-take-a-statin.html?loc=morefrom>)

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