Infographic: A Snapshot of Diabetes in America

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

**29.1** million people have diabetes
- That’s about 1 out of every 11 people

**86** million people — more than 1 out of 3 adults — have prediabetes
- 1 out of 4 do not know they have diabetes
- 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.
$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
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**

You can **manage** diabetes
- **WORK WITH A HEALTH PROFESSIONAL**
- **EAT HEALTHY**
- **STAY ACTIVE**

LEARN MORE AT www.cdc.gov/diabetes/prevention
OR SPEAK TO YOUR DOCTOR

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REFERENCES


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

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