A SNAPSHOT

DIABETES IN THE UNITED STATES

DIABETES

30.3 MILLION

30.3 million people have diabetes

That's about 1 out of every 10 people

1 OUT OF 4

don't know they have diabetes

PREDIABETES

84.1 MILLION

84.1 million people — more than 1 out of 3 adults — have prediabetes

9 OUT OF 10

don't know they have prediabetes

COST

$245 BILLION

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

50% HIGHER

Risk of death for adults with diabetes is 50% higher than for adults without diabetes

2X

Medical costs for people with diabetes are more than twice as high

as for people without diabetes

If you have prediabetes, losing weight by:

EATING HEALTHY & BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in HALF

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 DOESN’T MAKE ENOUGH INSULIN**
  - Can develop at any age
  - No known way to prevent it
- Nearly 18,000 youth diagnosed each year in 2011 and 2012
- In adults, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes

**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 95% of all diagnosed cases of diabetes
- More than 5,000 youth diagnosed each year in 2011 and 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 if needed
- 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](http://www.cdc.gov/diabetes/prevention) or speak to your doctor

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**REFERENCES**


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