

Diabetes Alert Day



March 25, 2025

DID YOU KNOW?

97.6 million American adults are living with [prediabetes](#)¹

1.2 million Americans are diagnosed with diabetes each year¹

In Alabama, **15.7%** of the adult population is living with diabetes²

People living with diabetes in America pay around **2.6 times more in medical expenses** than those who are not living with diabetes²

People living with diabetes are at an **increased risk** for **developing complications**³

Wonder if you are at risk for developing Diabetes?
Take the risk assessment test here!
alabamapublichealth.gov/diabetes/risk.html

Already know you are at risk? Check out the [National Diabetes Prevention Program](#) and see if there is a program offered [near you](#).

References:

1. American Diabetes Association. Diabetes By-the-Numbers. Accessed February 06, 2025. <https://diabetes.org/>
2. American Diabetes Association. The Burden of Diabetes in Alabama. 2024. Accessed February 06, 2025. https://diabetes.org/sites/default/files/2024-03/adv_2024_state_fact_alabama.pdf
3. American Heart Association. Diabetes Complications and Risks. Updated April 02, 2024. Accessed February 06, 2025. <https://www.heart.org/en/health-topics/diabetes/diabetes-complications-and-risks>