

DIABETES

29.1
MILLION29.1 million
people have
diabetes

That's about 1 out of every 11 people

1
OUT
OF 4do not know they
have diabetes

PREDIABETES

86
MILLION86 million people —
more than 1 out of 3 adults
— have prediabetes9
OUT
OF 10do not know they
have prediabetesWithout weight
loss and moderate
physical activity15–30% of people with
prediabetes will develop
type 2 diabetes within 5 years

COST

\$245
BILLIONTotal medical costs and lost
work and wages for people
with diagnosed diabetesRisk of death
for adults with
diabetes is50%
HIGHERthan for
adults without
diabetes

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



BLINDNESS

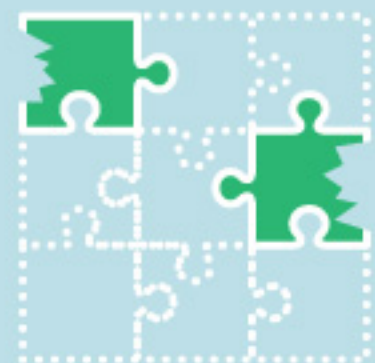
KIDNEY
FAILUREHEART
DISEASE

STROKE

LOSS OF TOES,
FEET, OR LEGS

TYPES OF DIABETES

TYPE 1

BODY DOES NOT
MAKE ENOUGH INSULIN

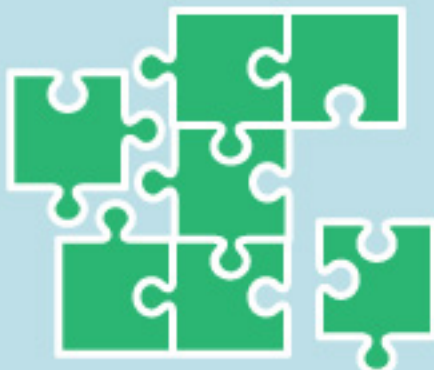
- Can develop at any age
- No known way to prevent it

More than 18,000 youth
diagnosed each year in
2008 and 2009In 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 lifetimeMore than 5,000 youth
diagnosed each year in
2008 and 20091.7
MILLIONPeople 20 years and
older diagnosed in 2012

RISK FACTORS FOR TYPE 2 DIABETES:

BEING
OVERWEIGHTHAVING A
FAMILY HISTORYHAVING DIABETES
WHILE PREGNANT
(GESTATIONAL DIABETES)TAKE THE
DIABETES
RISK TEST<http://www.cdc.gov/diabetes>

WHAT CAN YOU DO?

You can **prevent** or **delay**
type 2 diabetesLOSE
WEIGHTEAT
HEALTHYBE MORE
ACTIVEYou can **manage** diabetesWORK WITH A
HEALTH
PROFESSIONALEAT
HEALTHYSTAY
ACTIVELEARN MORE AT
www.cdc.gov/diabetes/prevention
OR SPEAK TO YOUR DOCTORLEARN MORE AT
www.cdc.gov/diabetes/ndep
OR SPEAK TO YOUR DOCTOR

REFERENCES

Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Knowler WC, Barrett-Conner E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346:393–403. As cited in March 22, 2013, MMWR.

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