

# A SNAPSHOT

# DIABETES IN THE UNITED STATES

## DIABETES

**30.3  
MILLION**

30.3 million people have diabetes

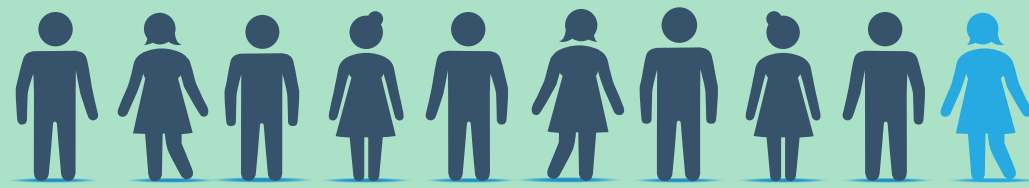
That's about 1 out of every 10 people

1 **OUT OF 4** don't know they have diabetes

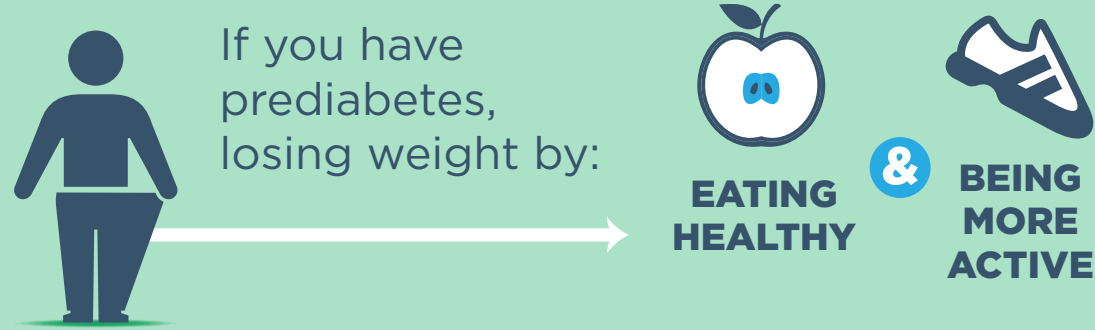
## PREDIABETES

**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



can cut your risk of getting type 2 diabetes in **HALF**

## 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

Medical costs for people with diabetes are **more than 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



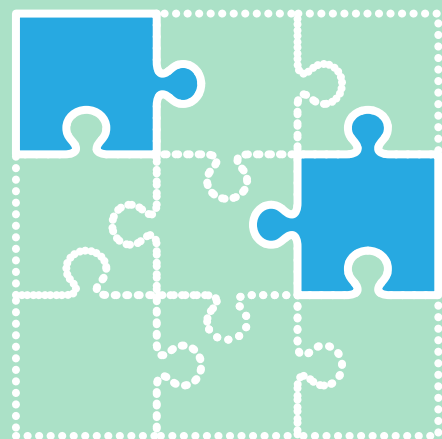
STROKE



LOSS OF TOES, FEET, OR LEGS

## TYPES OF DIABETES

### TYPE 1



**BODY 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

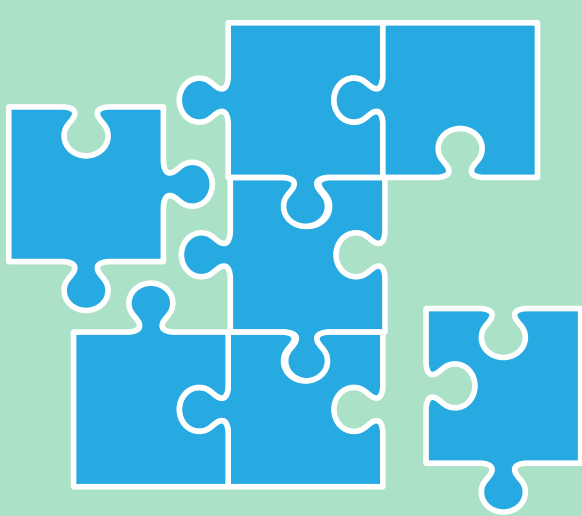


In adults, type 1 diabetes accounts for approximately

**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

**1.5  
MILLION**

People **18 years and older** diagnosed in 2015

### RISK FACTORS FOR TYPE 2 DIABETES:



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



BEING PHYSICALLY INACTIVE



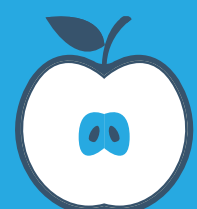
BEING 45 AND OLDER

## WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



LOSE WEIGHT



EAT HEALTHY IF NEEDED



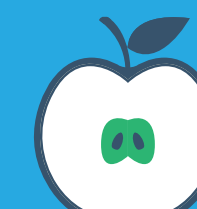
BE MORE ACTIVE

LEARN MORE AT [www.cdc.gov/diabetes/prevention](http://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](http://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, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017. American Diabetes Association. Economic Costs of Diabetes in the U.S. in 2012. Diabetes Care. 2013;36(4):1033-1046.

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

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