

DIABETES IN THE U.S.

A US REPORT CARD



DIABETES

38
Million

38 million people have diabetes



That's about **1 in every 10** people

?



1 in 5 people don't know they have it

PREDIABETES

98
Million

98 million American adults—**more than 1 in 3**—have prediabetes

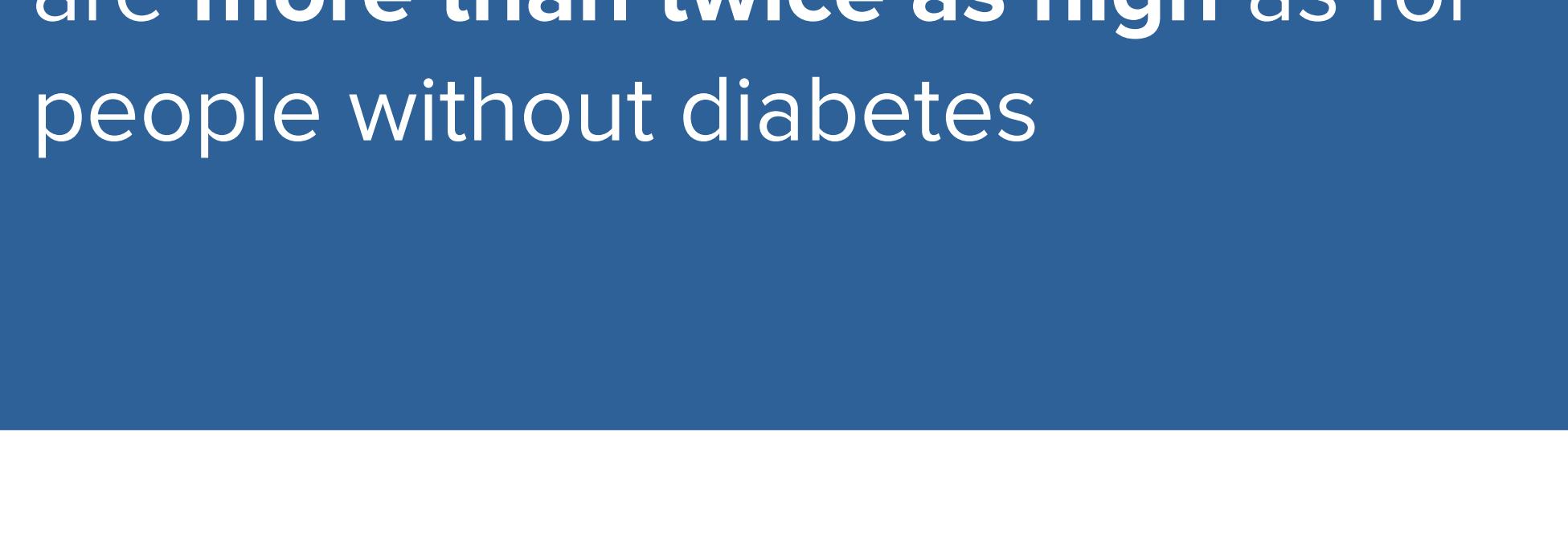


More than 8 in 10 adults with prediabetes don't know they have it

COST

\$413 Billion

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



Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

RISKS

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



Blindness



Kidney failure



Heart disease



Stroke



Loss of toes, feet, or legs

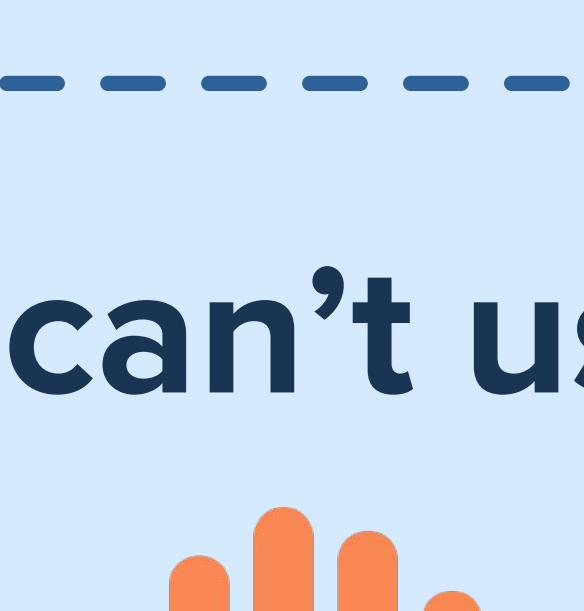
COMMON TYPES OF DIABETES

TYPE 1

Body doesn't make enough insulin



Can develop at **any age**



No known way to prevent it

5-10%

In adults, type 1 diabetes **accounts for approximately 5-10%** of all diagnosed cases of diabetes.

18,000

Just over **18,000** youth diagnosed each year in 2014 and 2015

TYPE 2

Body can't use insulin properly



Can develop at **any age**



Most cases **can be prevented**

90-95%

In adults, type 2 diabetes **accounts for approximately 90-95%** of all diagnosed cases of diabetes.

nearly 5,300

Nearly **6,000** youth diagnosed each year in 2014 and 2015

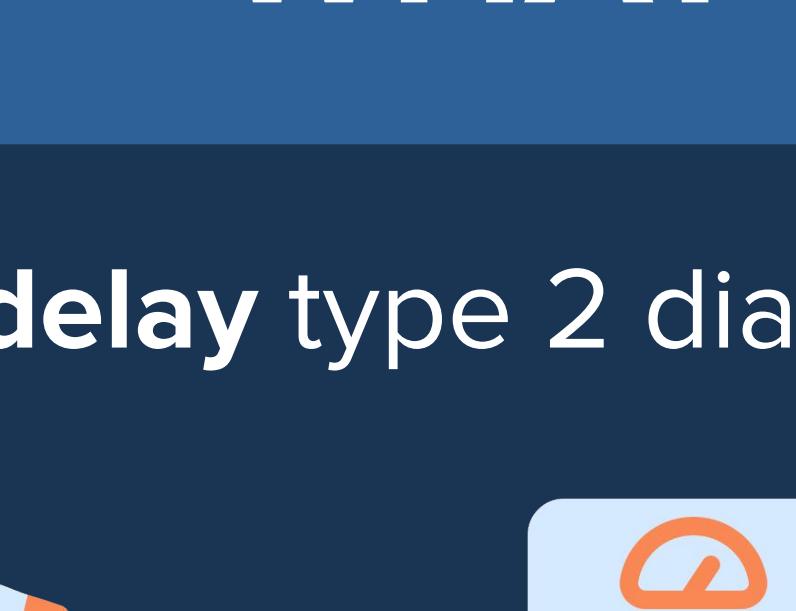
Risk factors for type 2 diabetes:



Being overweight



Having a family history



Being physically inactive



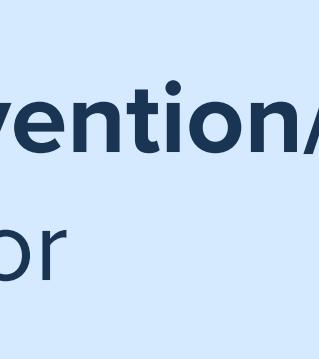
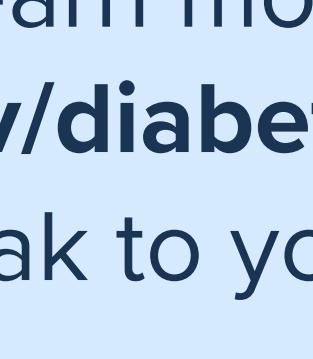
Being 45 or older

1.2 Million

People **18 years or older** diagnosed with diabetes in 2021

WHAT CAN YOU DO?

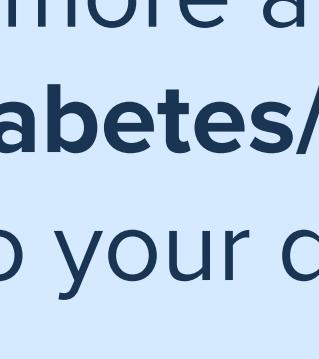
You can **prevent or delay** type 2 diabetes



- ✓ Eat healthy
- ✓ Be more active
- ✓ Lose weight

Learn more at 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/living-with/ or speak to your doctor