

# THE NUMBERS OF DIABETES

1.5 MILLION



The number of deaths directly related to diabetes in 2009.

314 MILLION



More people diagnosed with diabetes from 1980 to 2014.

48%



Of diabetes related deaths occur before the age of 70.

95%



Of people with diabetes are diagnosed with Type 2 diabetes.

2-3 X



People diagnosed with diabetes are 2-3 times more likely to suffer heart attack or stroke.

## PROVEN PREVENTION

Achieve and maintain a healthy body weight.

Eat a healthy diet and avoid tobacco products.



Include 30 minutes of physical activity into your daily routine .