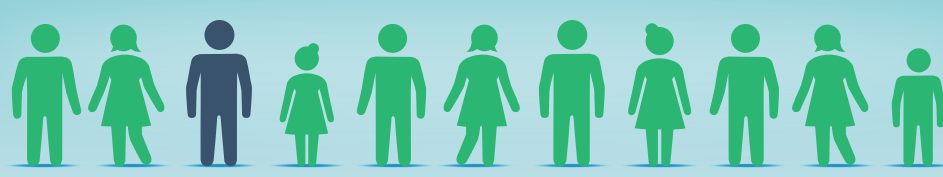


DIABETES



29.1 million people have diabetes

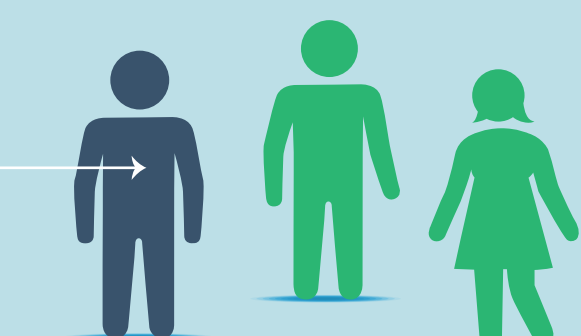
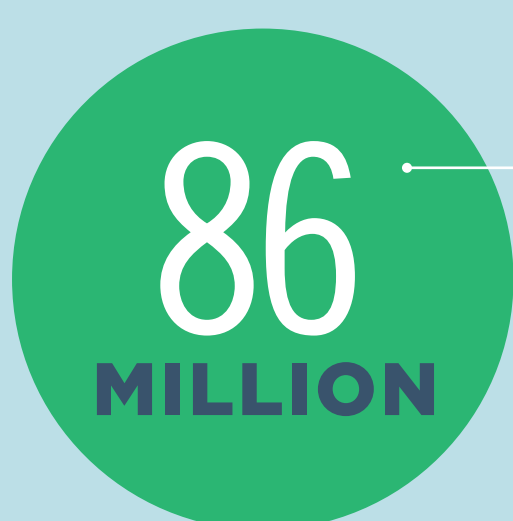


That's about 1 out of every 11 people



1 OUT OF 4 do not know they have diabetes

PREDIABETES



86 million people — more than 1 out of 3 adults — have prediabetes



9 OUT OF 10 do not know they have prediabetes



Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years



COST



\$245 BILLION

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



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

Risk of death for adults with diabetes is



50% HIGHER

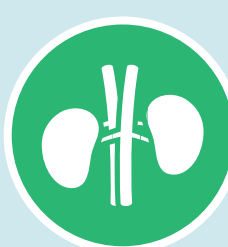


than for adults without diabetes

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



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



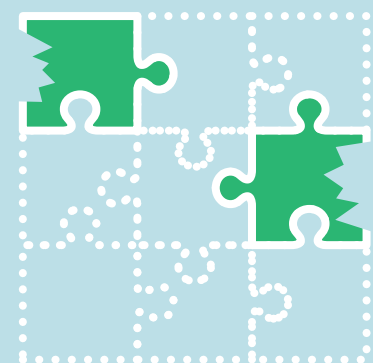
STROKE



LOSS OF TOES, FEET, OR LEGS

TYPES OF DIABETES

TYPE 1



BODY 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 2009

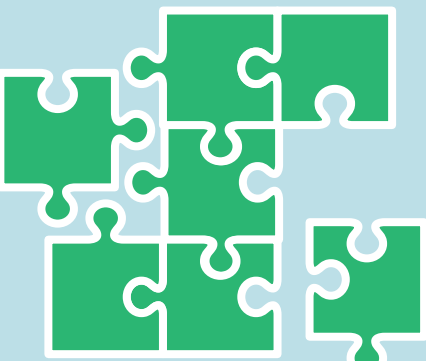


In adults, type 1 diabetes accounts for approximately

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 lifetime

More than 5,000 youth diagnosed each year in 2008 and 2009

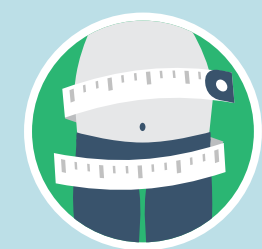


1.7 MILLION

People 20 years and older diagnosed in 2012



RISK FACTORS FOR TYPE 2 DIABETES:



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



HAVING DIABETES WHILE PREGNANT (GESTATIONAL DIABETES)

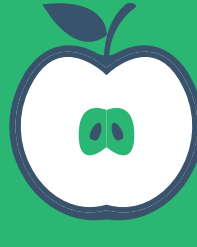


WHAT CAN YOU DO?

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



LOSE WEIGHT



EAT HEALTHY



BE MORE ACTIVE

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/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.