

# A SNAPSHOT

# DIABETES IN THE UNITED STATES

## DIABETES

37.3  
MILLION

37.3 million people have diabetes



That's about 1 in every 10 people



1 IN 5

don't know they have diabetes

## PREDIABETES

96  
MILLION



96 million adults — more than 1 in 3 — have prediabetes

MORE THAN

8 IN 10

adults don't know they have prediabetes



If you have prediabetes, losing weight by:



EATING HEALTHY

&



BEING MORE ACTIVE

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



## COST



\$327  
BILLION

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

Risk of early death for adults with diabetes is

60%  
HIGHER

than for adults without diabetes

Medical costs for people with diabetes are **more than twice as high**



2X

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

## COMMON TYPES OF DIABETES

### TYPE 1

#### BODY DOESN'T MAKE ENOUGH INSULIN

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

In adults, type 1 diabetes accounts for approximately

# 5-10%

of all diagnosed cases of diabetes



**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

In adults, type 2 diabetes accounts for approximately

# 90-95%

of all diagnosed cases of diabetes

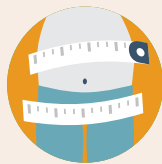


**Nearly 6,000 youth diagnosed** each year in 2014 and 2015

### RISK FACTORS FOR TYPE 2 DIABETES:

# 1.4 MILLION

**People 18 years or older diagnosed with diabetes in 2019**



**BEING OVERWEIGHT**



**HAVING A FAMILY HISTORY**



**BEING PHYSICALLY INACTIVE**



**BEING 45 OR OLDER**

## WHAT CAN YOU DO?

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



**LOSE WEIGHT IF NEEDED**



**EAT HEALTHY**



**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/managing](http://www.cdc.gov/diabetes/managing) OR SPEAK TO YOUR DOCTOR

#### REFERENCES

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



**U.S. Department of Health and Human Services**  
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