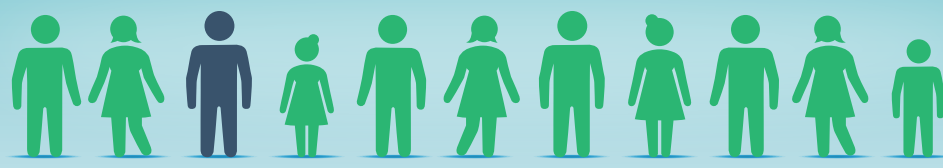


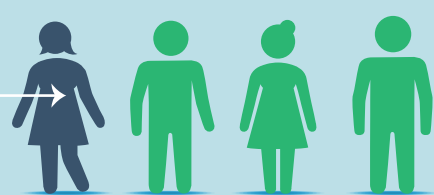
### DIABETES

29.1  
MILLION

29.1 million  
people have  
diabetes



That's about 1 out of every 11 people

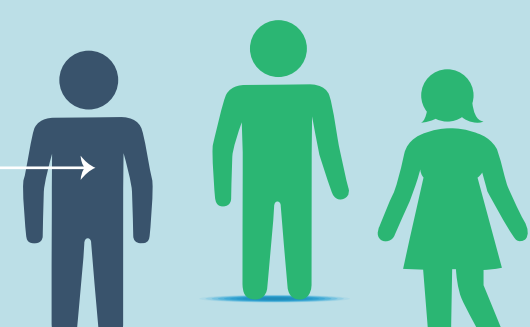


1  
OUT  
OF 4

do not know they  
have diabetes

### PREDIABETES

86  
MILLION



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

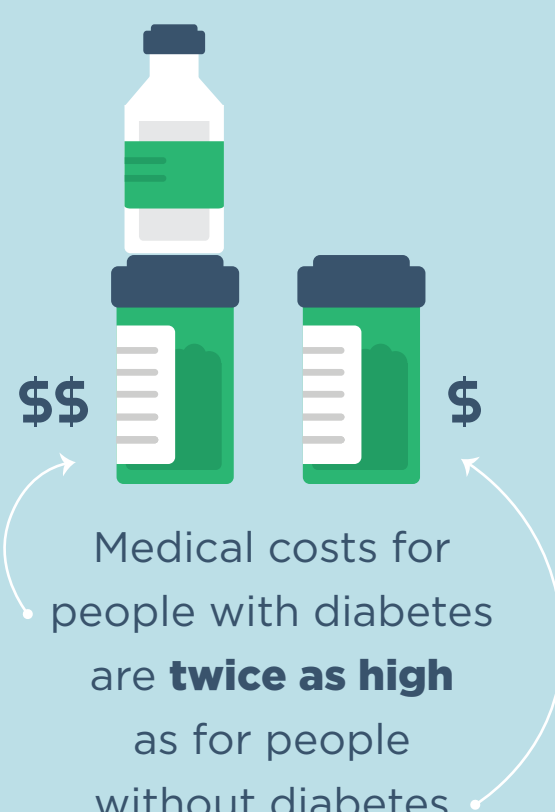


### COST



\$245  
BILLION

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



Risk of death  
for adults with  
diabetes is



50%  
HIGHER

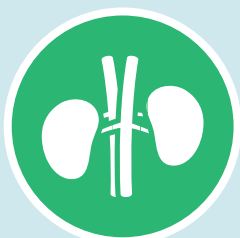


than for  
adults without  
diabetes

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



BLINDNESS



KIDNEY  
FAILURE



HEART  
DISEASE



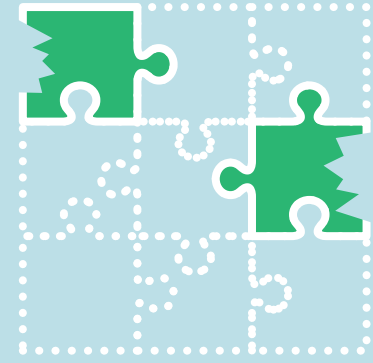
STROKE



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

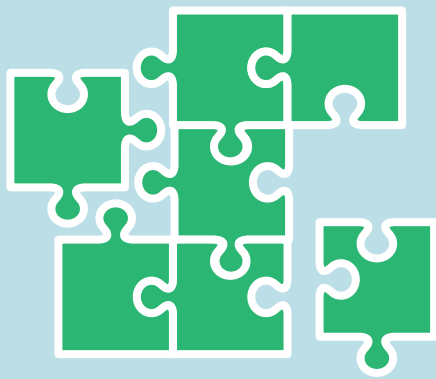


In adults, type 1  
diabetes accounts  
for approximately

5%

of all diagnosed  
cases of diabetes

#### TYPE 2



**BODY CANNOT USE  
INSULIN PROPERLY**

- Can develop at any age
- Most cases can be prevented



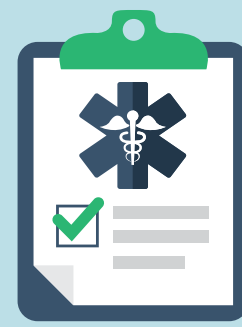
Currently, at least 1 out of 3  
people will develop the disease  
in their lifetime

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)

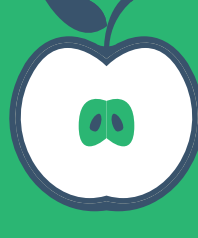


## WHAT CAN YOU DO?

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



LOSE  
WEIGHT



EAT  
HEALTHY



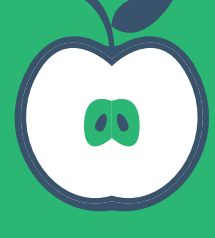
BE MORE  
ACTIVE

LEARN MORE AT  
[www.cdc.gov/diabetes/prevention](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, 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.

Tuomilehto J, Lindstrom J, Eriksson J, et al; Finnish Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. N Engl J Med 2001; 344:1343–1350.

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