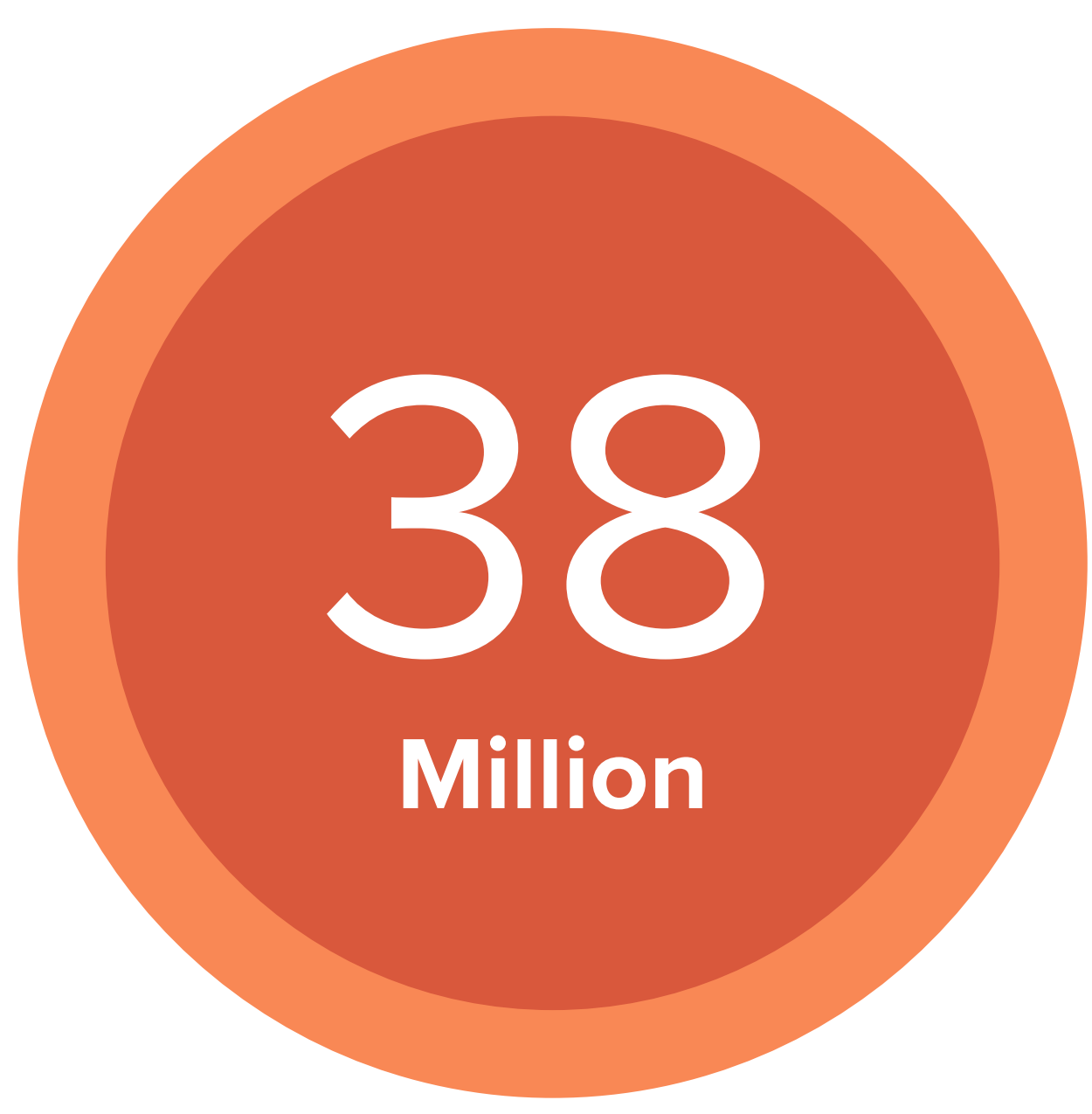


DIABETES IN THE U.S

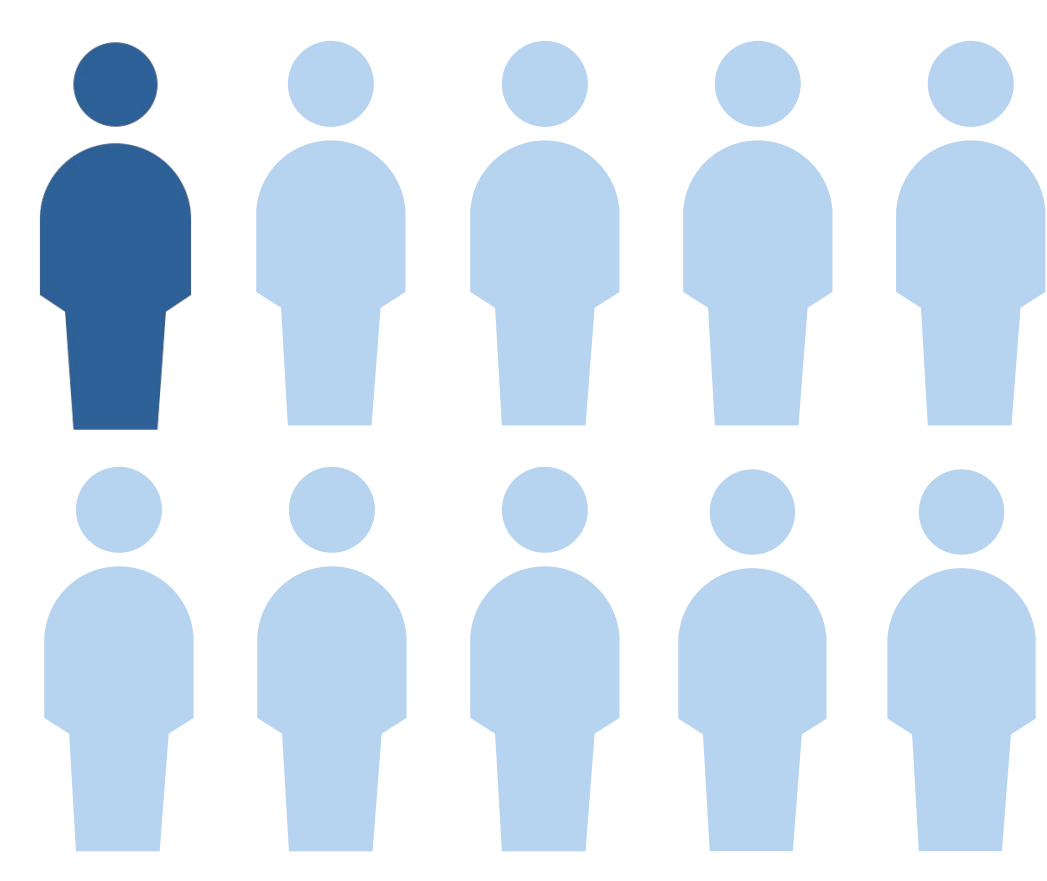
A US REPORT CARD



DIABETES



38 million people have diabetes

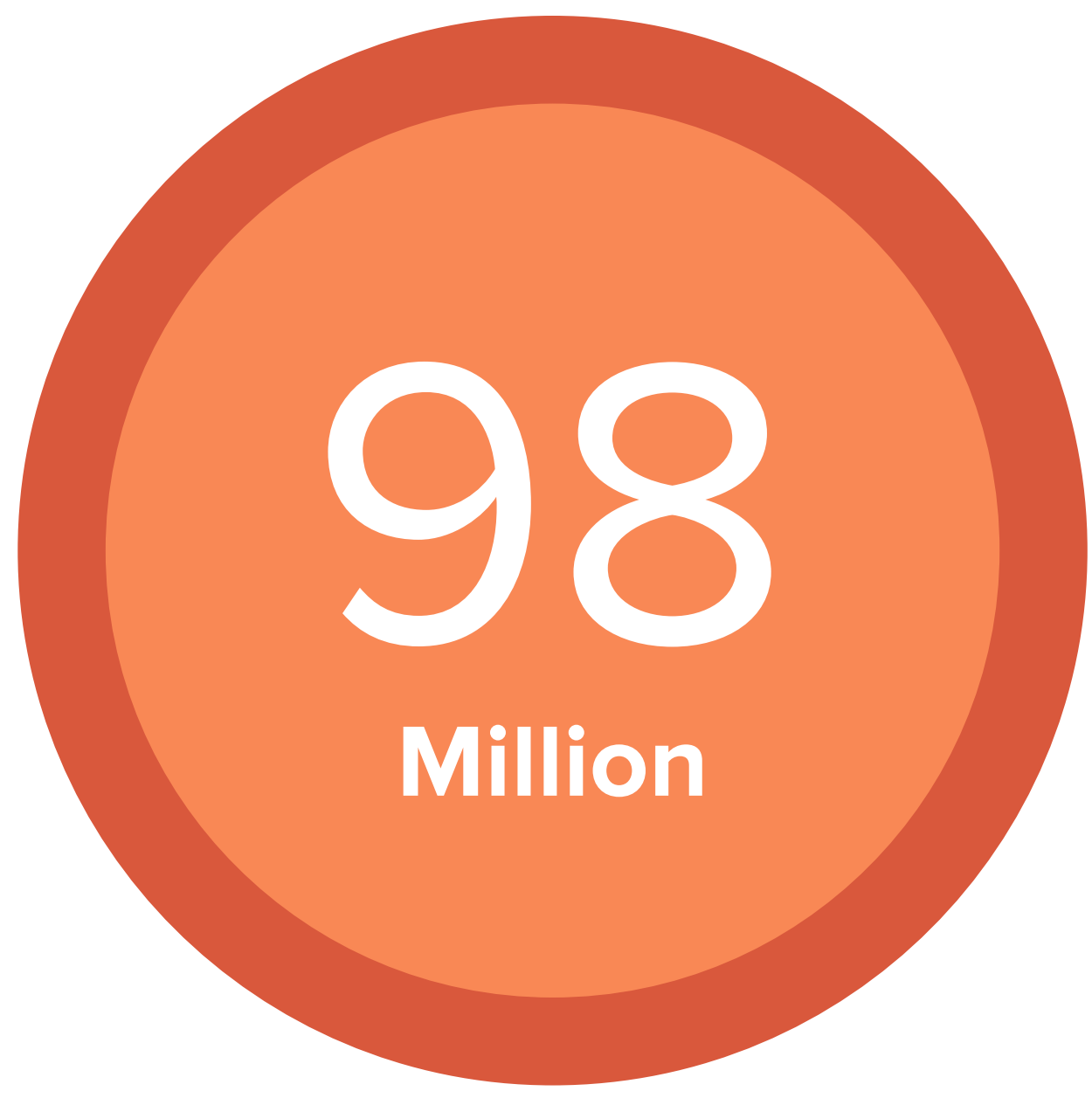


That's about 1 in every 10 people

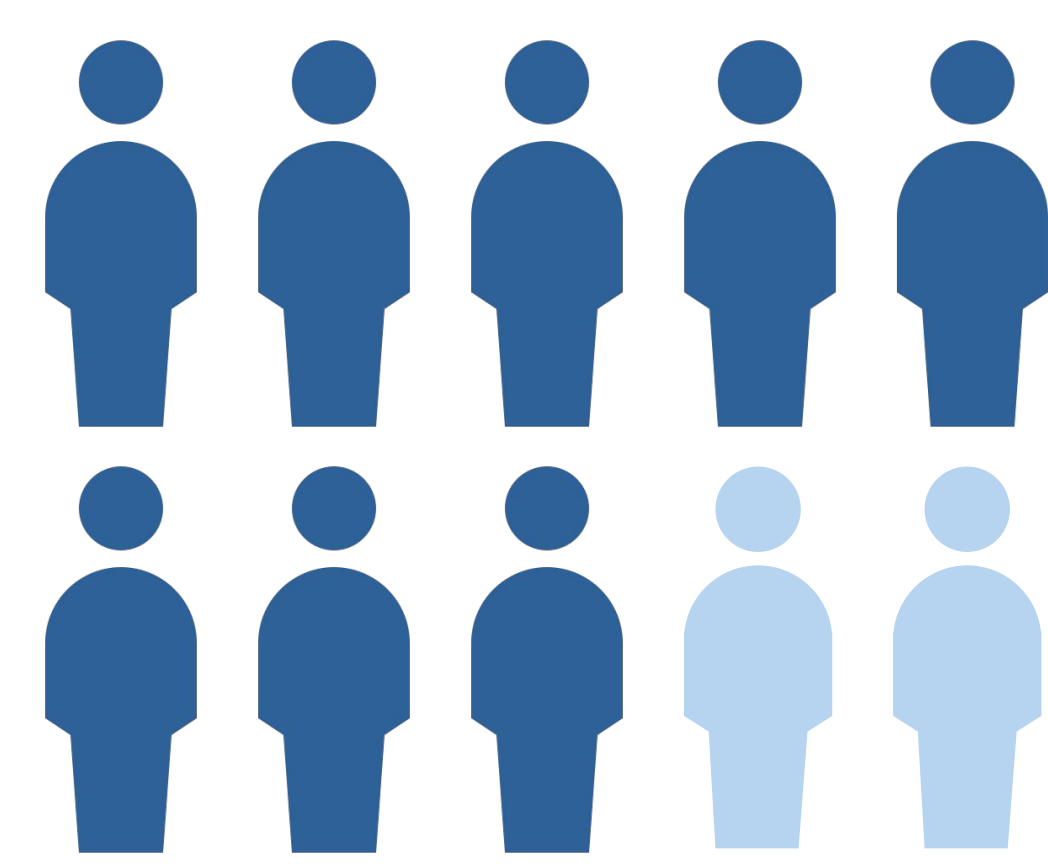


1 in 5 people don't know they have it

PREDIABETES



98 million 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



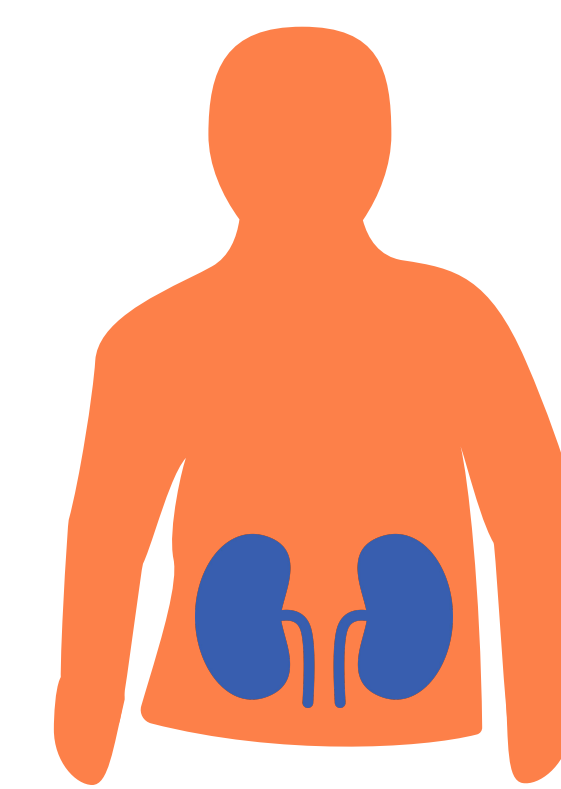
Medical costs for people with diabetes are more than twice as high as for people without diabetes

RISKS

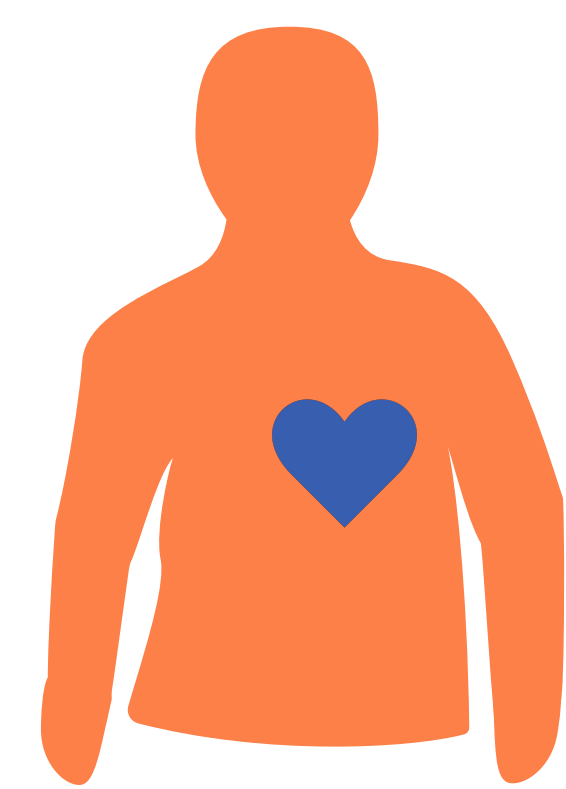
People who have diabetes are at higher risk of serious health complications:



Blindness



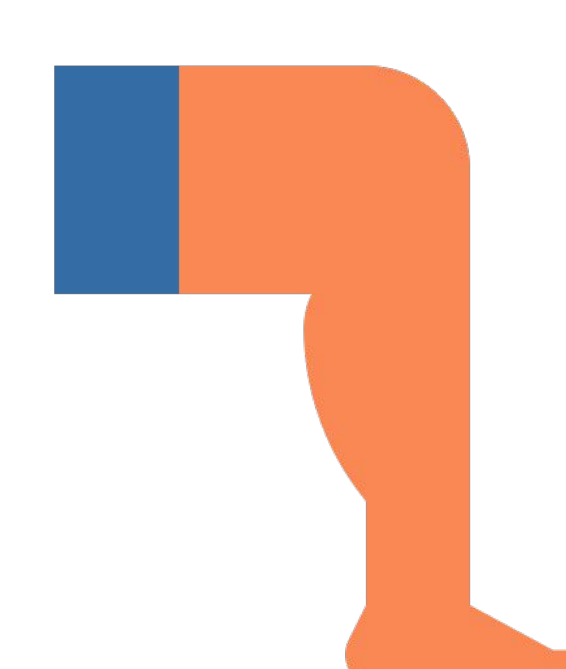
Kidney failure



Heart disease



Stroke

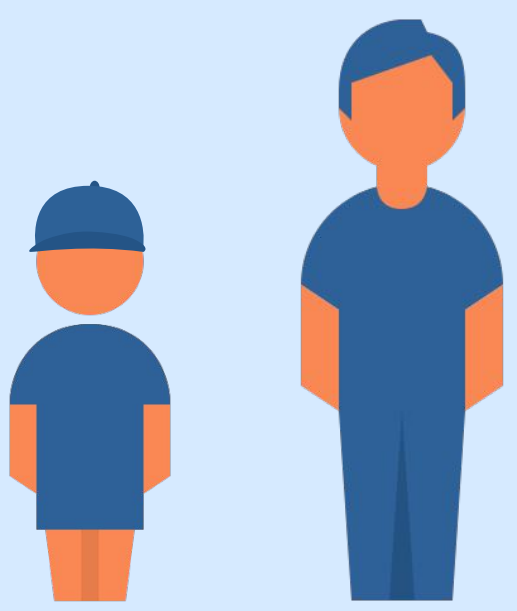


Loss of toes, feet, or legs

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%

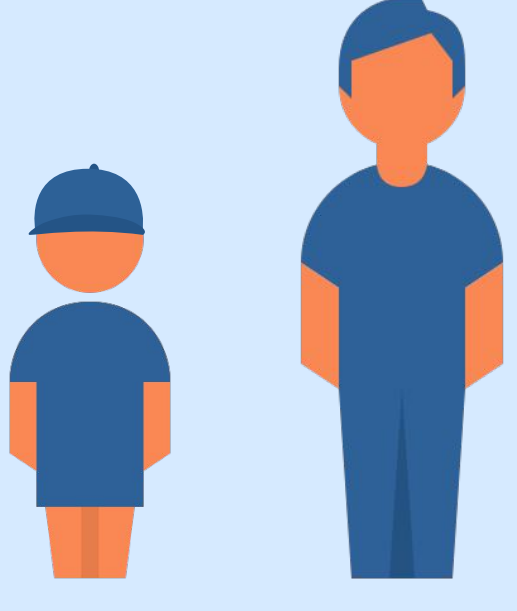
In adults, type 1 diabetes accounts for approximately 5-10% of all diagnosed cases of diabetes.

18,000

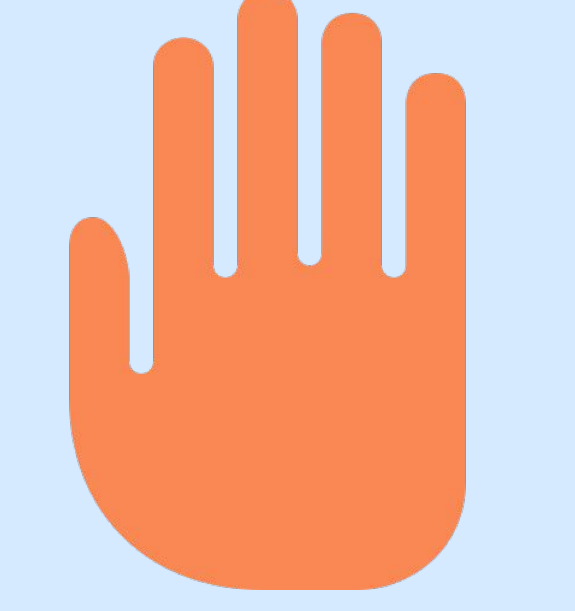
Just over 18,000 youth diagnosed each year in 2014 and 2015

TYPE 2

Body can't use insulin properly



Can develop at any age



Most cases can be prevented

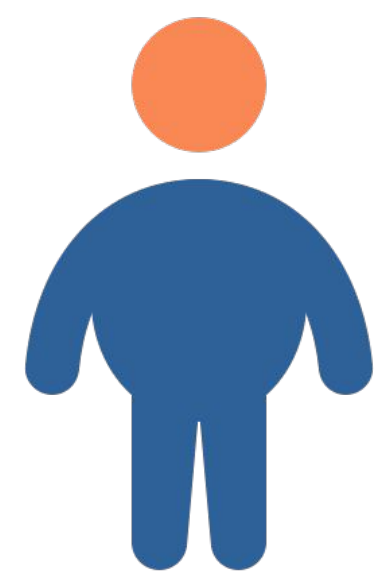
90-95%

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

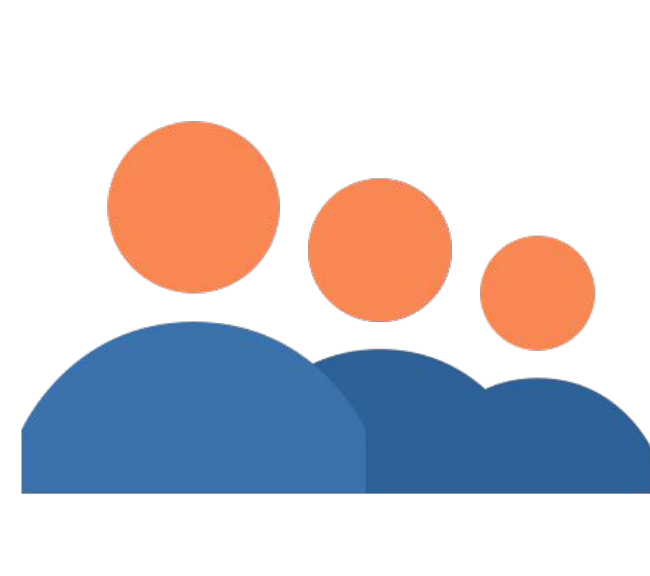
nearly 5,300

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

Risk factors for type 2 diabetes:



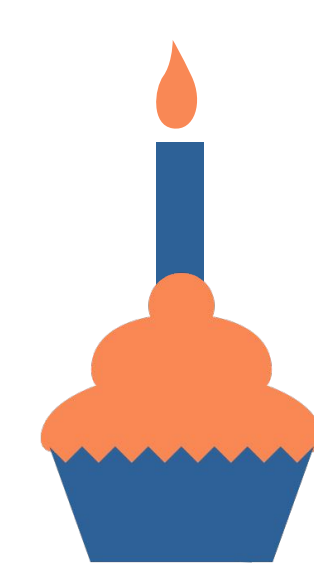
Being overweight



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