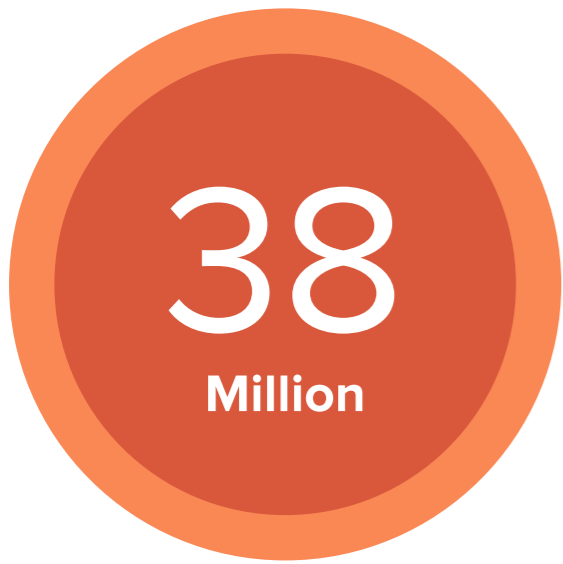


DIABETES

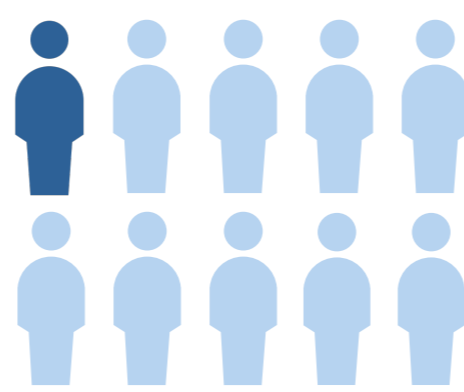
A US REPORT CARD



DIABETES



About 38 million people **have diabetes**

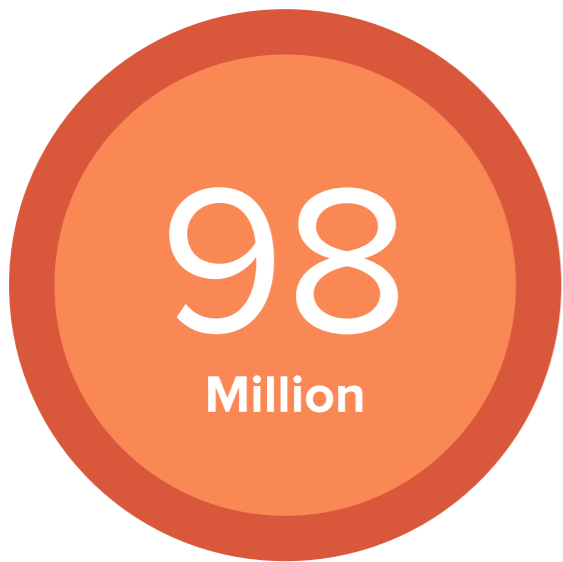


That's about **1 in every 10** people

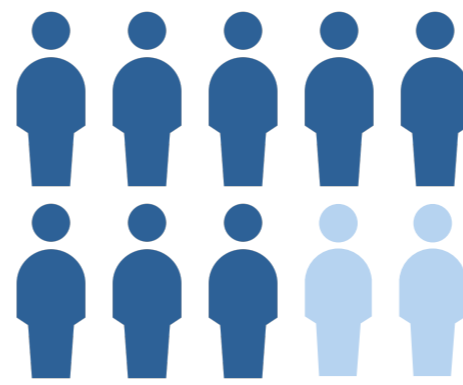


1 in 5 people **don't know they have it**

PREDIABETES



About 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



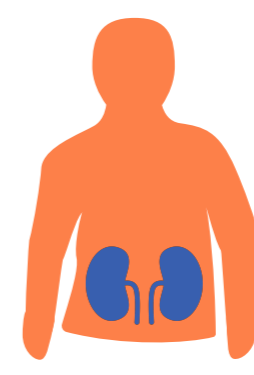
Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

RISKS

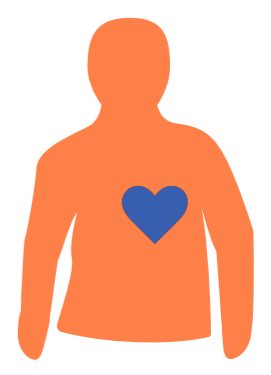
People who have diabetes are at **higher risk of serious health complications:**



Blindness



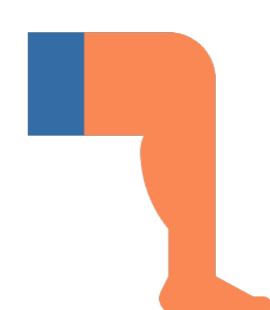
Kidney failure



Heart disease



Stroke

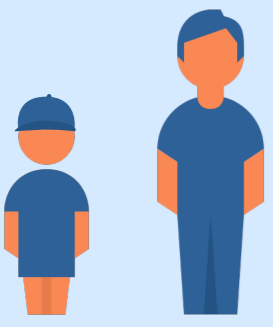


Loss of toes, feet, or legs

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%

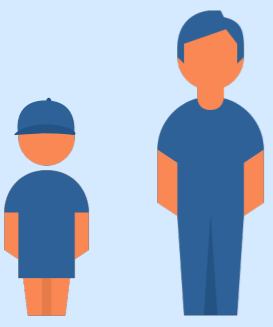
In adults, type 1 diabetes accounts for approximately **5-10%** of all diagnosed cases of diabetes.

18,000

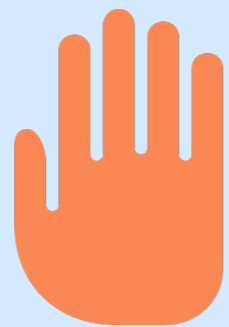
Just over 18,000 youth diagnosed each year in 2017 and 2018

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 5,300 youth diagnosed each year in 2017 and 2018

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/managing or speak to your doctor