**Diabetes in the U.S.**

**A Snapshot**

**Diabetes**
- 37 Million
- That's about 1 in every 10 people
- 1 in 5 people don't know they have it

**Prediabetes**
- 96 Million
- More than 8 in 10 adults with prediabetes don't know they have it

**Cost**
- $327 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

37 million people have diabetes

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

More than 8 in 10 adults with prediabetes don't know they have it

1 in 5 people don't know they have it

Medical costs for people with diabetes are more than twice as high as for people without diabetes
Being 45 or older

**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:

- Being overweight
- Having a family history
- Being physically inactive
- Being 45 or older

**WHAT CAN YOU DO?**

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

- Eat healthy
- Be more active
- Lose weight

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

**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

**1.4 Million**

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

**18,000**

People **45 or older** diagnosed with diabetes in 2019

**5-10%**

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

**90-95%**

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

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

Centers for Disease Control and Prevention

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