37.3 million people have diabetes
That's about 1 in every 10 people

1 in 5 don't know they have diabetes

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

8 in 10 adults don’t know they have prediabetes

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

$327 billion

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

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:**

- BEING OVERWEIGHT
- HAVING A FAMILY HISTORY
- BEING PHYSICALLY INACTIVE
- BEING 45 OR OLDER

1.4 MILLION People 18 years or older diagnosed with diabetes in 2019.

**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**


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