30.3 million people have diabetes. That's about 1 out of every 10 people do not know they have diabetes. 84.1 million people — more than 1 out of 3 adults — have prediabetes. 9 out of 10 people do not know they have prediabetes. If you have prediabetes, losing weight by eating healthy and being more active can cut your risk of getting type 2 diabetes in half.

Total medical costs and lost work and wages for people with diagnosed diabetes are $245 billion. Risk of death for adults with diabetes is 50% higher than for adults without diabetes. Medical costs for people with diabetes are more than twice as high as for people 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 Doesn’t Make Enough Insulin**
  - Can develop at any age
  - No known way to prevent it

**Nearly 18,000 youth diagnosed** each year in 2011 and 2012

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

**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 95% of all diagnosed cases of diabetes.**

**More than 5,000 youth diagnosed** each year in 2011 and 2012

**Risk Factors for Type 2 Diabetes:**
- Being overweight
- Having a family history
- Being physically inactive
- Being 45 and older

**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/ndep](http://www.cdc.gov/diabetes/ndep) or speak to your doctor

**References**


