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

1 in 5 don't know they have diabetes.

88 million adults — more than 1 in 3 — have prediabetes.

More than 8 in 10 adults don't 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 is $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 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
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:

1.5 MILLION People 18 years or older diagnosed with diabetes in 2018

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

REFERENCES


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