30.3 million people have diabetes. That’s about 1 out of every 10 people. 1 out of 4 don’t know they have diabetes.

### Prediabetes
- 84.1 million people — more than 1 out of 3 adults — have prediabetes.
- 9 out of 10 don’t know they have prediabetes.

If you have prediabetes, losing weight by:
- Eating Healthy
- Being More Active

Can cut your risk of getting type 2 diabetes in Half.

### Cost
- $245 billion total medical costs and lost work and wages for people with diagnosed diabetes.
- 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.

Nearly 9,500 youth diagnosed each year in 2011 and 2012.
- 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
- Eat healthy if needed
- 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.

DID YOU KNOW?

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