29.1 million people have diabetes. That's about 1 out of every 11 people. 1 out of 4 do not know they have diabetes.

86 million people — more than 1 out of 3 adults — have prediabetes. 9 out of 10 do not know they have prediabetes.

15–30% of people with prediabetes will develop type 2 diabetes within 5 years.

Risk of death for adults with diabetes is 50% higher than for adults without diabetes.

Medical costs for people with diabetes are 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

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

$245 billion
**TYPES OF DIABETES**

**TYPE 1**
- Body does not make enough insulin
  - Can develop at any age
  - No known way to prevent it
- More than 18,000 youth diagnosed each year in 2008 and 2009
- In adults, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes

**TYPE 2**
- Body cannot use insulin properly
  - Can develop at any age
  - Most cases can be prevented
- Currently, at least 1 out of 3 people will develop the disease in their lifetime
- More than 5,000 youth diagnosed each year in 2008 and 2009

**RISK FACTORS FOR TYPE 2 DIABETES:**
- 1.7 million people 20 years and older diagnosed in 2012
- Being overweight
- Having a family history
- Having diabetes while pregnant (gestational diabetes)

**WHAT CAN YOU DO?**

You can **prevent** or **delay** type 2 diabetes
- Lose weight
- 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**


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