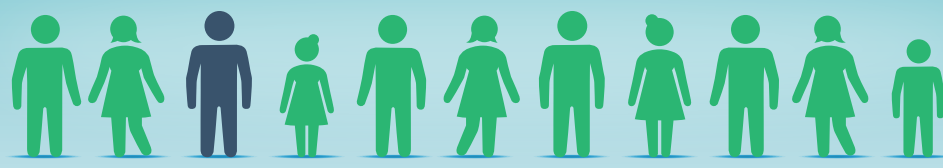


DIABETES

29.1
MILLION

29.1 million
people have
diabetes



That's about 1 out of every 11 people

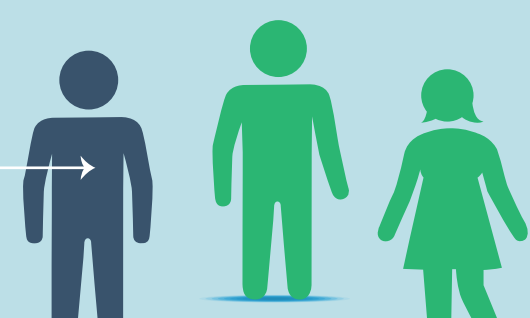


1
OUT
OF 4

do not know they
have diabetes

PREDIABETES

86
MILLION



86 million people —
more than 1 out of 3 adults
— have prediabetes



9
OUT
OF 10

do not know they
have prediabetes



Without weight
loss and moderate
physical activity

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



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

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY
FAILURE



HEART
DISEASE



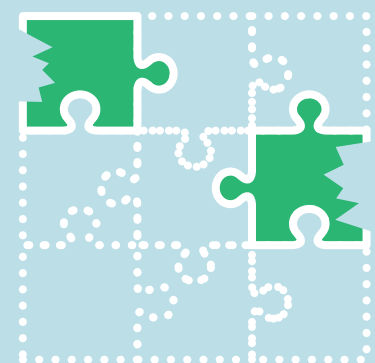
STROKE



LOSS OF TOES,
FEET, OR LEGS

TYPES OF DIABETES

TYPE 1



**BODY 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

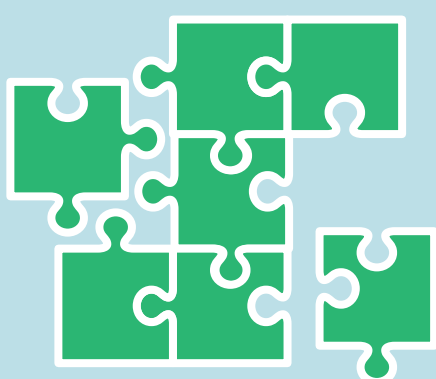


In adults, type 1
diabetes accounts
for approximately

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



1.7
MILLION

People 20 years and
older diagnosed in 2012



RISK FACTORS FOR TYPE 2 DIABETES:



BEING
OVERWEIGHT



HAVING A
FAMILY HISTORY



HAVING DIABETES
WHILE PREGNANT
(GESTATIONAL DIABETES)

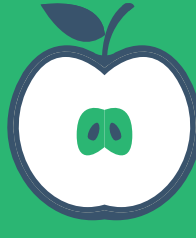


WHAT CAN YOU DO?

You can **prevent** or **delay**
type 2 diabetes



LOSE
WEIGHT



EAT
HEALTHY



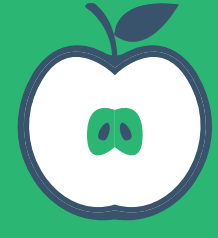
BE MORE
ACTIVE

LEARN MORE AT
www.cdc.gov/diabetes/prevention
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
OR SPEAK TO YOUR DOCTOR

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