A SNAPSHOT

DIABETES IN THE UNITED STATES

DIABETES

29.1 million
people have diabetes

That’s about 1 out of every 11 people

29.1 million people
with diagnosed diabetes

PREDIABETES

86 million
people have prediabetes

15-20% of people with prediabetes will develop type 2 diabetes within 5 years

86 million people
more than 1 out of every 3 adults

COST

$245 billion
Total medical costs and lost work and wages for people with diagnosed diabetes

$1.7 billion
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

TYPES OF DIABETES

TYPE 1

Body does not make enough insulin
• Can develop at any age
• No known way to prevent it

More than 16,000 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:

• Being overweight
• Having a family history
• Having diabetes while pregnant (gestational diabetes)

WHAT CAN YOU DO?

You can prevent or delay type 2 diabetes

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

You can manage diabetes

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

REFERENCES


Translation works toward a world free of the devastation of diabetes.

Devastation of diabetes.