

# A SNAPSHOT

# DIABETES IN THE UNITED STATES

## DIABETES

**30.3  
MILLION**

30.3 million people have diabetes



That's about 1 out of every 10 people

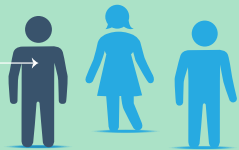


**1  
OUT  
OF  
4**

don't know they have diabetes

## PREDIABETES

**84.1  
MILLION**



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

**2X**

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



**BLINDNESS**



**KIDNEY  
FAILURE**



**HEART  
DISEASE**



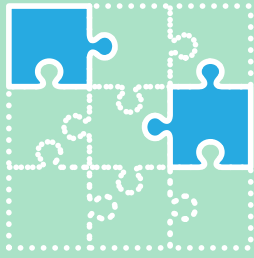
**STROKE**



**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

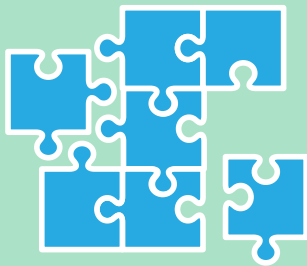
Nearly **18,000 youth** diagnosed each year in 2011 and 2012



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

In adults, type 2 diabetes accounts for approximately

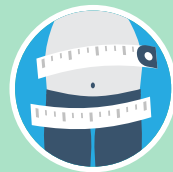
**95%**  
of all diagnosed cases of diabetes



More than **5,000 youth** diagnosed each year in 2011 and 2012

### RISK FACTORS FOR TYPE 2 DIABETES:

**1.5**  
MILLION  
People 18 years and older diagnosed in 2015



**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**  
IF NEEDED



**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

Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.

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

