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.

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 and being more active can cut your risk of getting type 2 diabetes in half.

The total medical costs and lost work and wages for people with diagnosed diabetes are $245 billion. The 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 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

**MORE THAN 5,000 YOUTH DIAGNOSED EACH YEAR**
- In adults, type 2 diabetes accounts for approximately 95% of all diagnosed cases of diabetes

#### 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


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