

DIABETES IN THE U.S

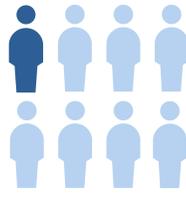
A US REPORT CARD



DIABETES

40.1
Million

40.1 million people have diabetes



That's about 1 in every 8 people

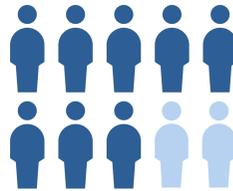


More than 1 in 4 adults with diabetes **don't know they have it**

PREDIABETES

115.2
Million

115.2 million American adults—**more than 2 in 5**—have prediabetes



More than 8 in 10 adults with prediabetes **don't know they have it**

COST



\$640 Billion

Diabetes accounted for **25% of all health care spending** in 2021.



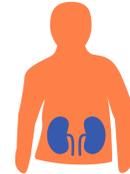
Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

RISKS

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



Blindness



Kidney failure



Heart disease



Stroke



Loss of toes, feet, or legs

COMMON TYPES OF DIABETES

TYPE 1

Body doesn't make enough insulin



Can develop at **any age**



No known way to prevent it

5-10%

In adults, type 1 diabetes accounts for **approximately 5-10%** of all diagnosed cases of diabetes.

21,700

Just over **21,700 youth** diagnosed in 2022

TYPE 2

Body can't use insulin properly



Can develop at **any age**



Most cases **can be prevented**

90-95%

In adults, type 2 diabetes accounts for **approximately 90-95%** of all diagnosed cases of diabetes.

14,500

Nearly **14,500 youth** diagnosed in 2022

Risk factors for type 2 diabetes:



Being overweight



Having a family history



Being physically inactive



Being 45 or older

1.5 Million

People **18 years or older** diagnosed with diabetes in 2023

WHAT CAN YOU DO?

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



- ✓ Eat healthy
- ✓ Be more active
- ✓ Lose weight

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/living-with/ or speak to your doctor