

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