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.



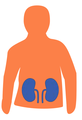
Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

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

REFERENCES

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

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention