

Diabetes

IN THE UNITED STATES

34.2 Million
people have
diabetes



That's about
1 in every 10
people.

**1 IN 5 PEOPLE DON'T KNOW
THEY HAVE DIABETES**



**88 million adults—
more than 1 in 3 have
prediabetes**

**RISK OF EARLY DEATH
FOR ADULTS WITH
DIABETES IS 60% HIGHER**



Type 1

The body doesn't make enough insulin.

- It typically appears in adolescence, but it can develop at any age.
- No known way to prevent it.

In adults, type 1 diabetes accounts for 5–10% cases.

Type 2

The body can't use insulin properly.

- Can develop at any age.
- Most cases can be prevented.

In adults, type 2 accounts for 90– 95% cases.

Risk Factors:



Being
overweight



Family
History



Being
physically
inactive