A SNAPSHOT OF DIABETES IN THE UNITED STATES

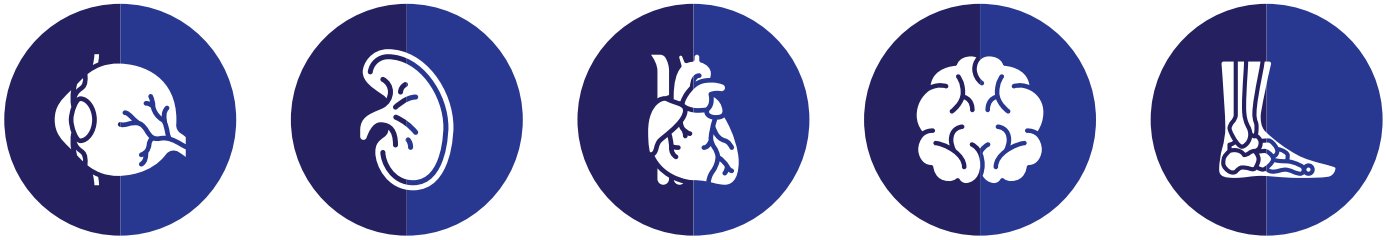
30.3 MILLION PEOPLE HAVE DIABETES



Enough to fill the 16 BIGGEST CITIES in the US

New York • Los Angeles • Chicago • Houston
Philadelphia • Phoenix • San Antonio • San Diego
Dallas • San Jose • Austin • Jacksonville • San Francisco
Indianapolis • Columbus • Fort Worth

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



- Blindness
- Kidney Failure
- Heart Disease
- Stroke
- Loss of Toes, Feet, or Legs

IN 2015 ALONE

1.5 MILLION PEOPLE 18 YEARS AND OLDER **DIAGNOSED**

1 OUT OF EVERY 4 people with diabetes **DON'T KNOW** they have diabetes

Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimating Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.

Types of Diabetes

Type 1



Body doesn't make enough insulin

- can develop at any age
- cause is unknown
- cannot be prevented or cured
- treated with insulin injections

Type 2



Body can't use insulin properly

- can develop at any age
- caused by lifestyle factors
- can often be prevented
- treated with oral medication

Risk Factors for those with Diabetes



Being Overweight

High Cholesteral

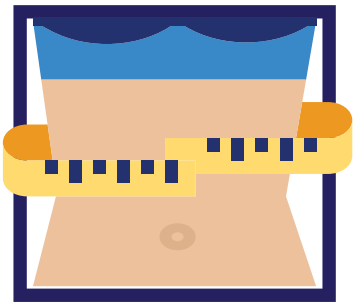
Having a Family History

Physical Inactivity

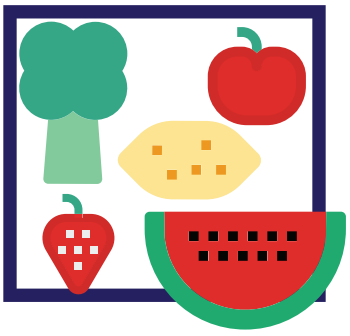
High Blood Pressure

WHAT CAN YOU DO?

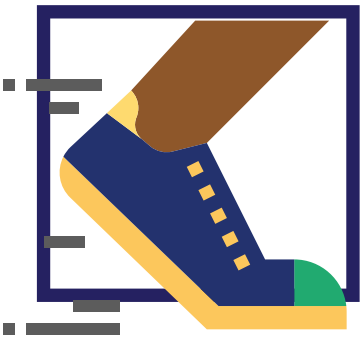
LOSE WEIGHT IF NEEDED



EAT HEALTHY



BE MORE ACTIVE



Learn More at

https://medlineplus.gov/diabetes.html

NIH U.S. National Library of Medicine