

A SNAPSHOT  
OF

# DIABETES

IN THE  
UNITED STATES



**30.3**  
MILLION  
PEOPLE

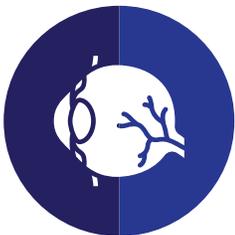
**HAVE  
DIABETES**



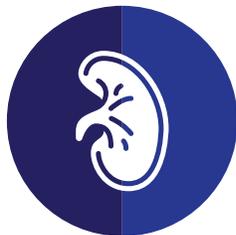
Enough to fill the **16 BIGGEST CITIES** in the US

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

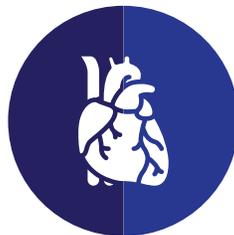
People who have diabetes are at higher risk of serious health complications:



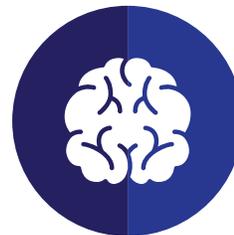
**Blindness**



**Kidney Failure**



**Heart Disease**



**Stroke**



**Loss of Toes,  
Feet, or Legs**

IN 2015 ALONE

**1.5**

MILLION

**DIAGNOSED**

PEOPLE 18 YEARS  
AND OLDER



**1**  
OUT OF EVERY  
**4**



people with  
diabetes

**DON'T  
KNOW**

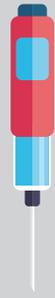
they have  
diabetes

# 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 Cholesterol**



**Having a Family History**



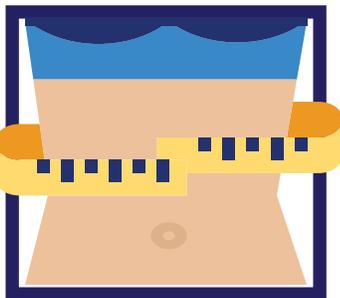
**Physical Inactivity**



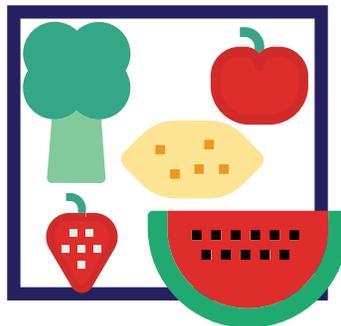
**High Blood Pressure**

## WHAT CAN YOU DO?

**LOSE WEIGHT**  
IF NEEDED



**EAT HEALTHY**



**BE MORE ACTIVE**



**LEARN MORE AT**

**[HTTPS://MEDLINEPLUS.GOV/DIABETES.HTML](https://medlineplus.gov/diabetes.html)**



U.S. National Library of Medicine