



# DIABETES

#WhatYouNeedToKnow

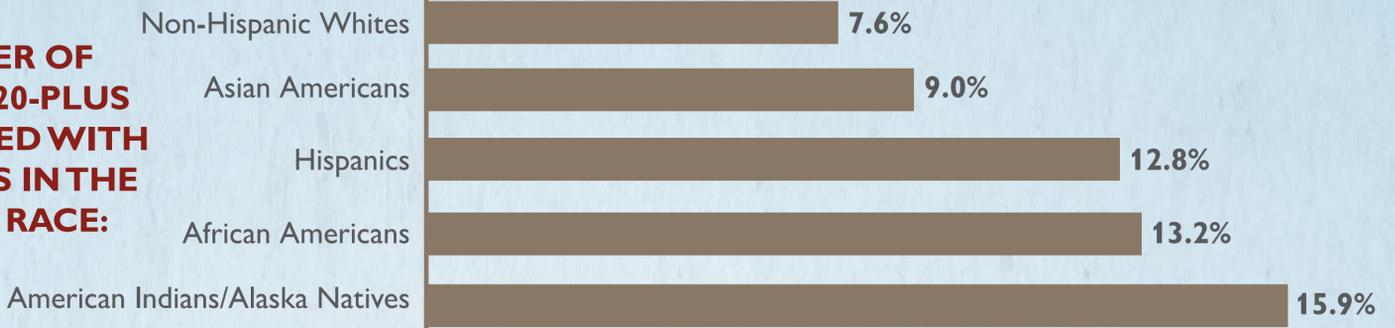
**CURRENTLY  
DIAGNOSED:**

**29.1 MILLION**

people in the U.S.  
have diabetes.



**NUMBER OF  
PEOPLE 20-PLUS  
DIAGNOSED WITH  
DIABETES IN THE  
U.S. BY RACE:**



In adults, type 2 diabetes accounts for about

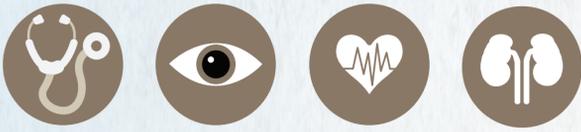
**90% to 95%**

of all diagnosed cases.

\$  
**\$13,700**  
\$

is the **average** amount a  
person diagnosed with  
diabetes spends in  
medical expenses **per year**.

**THOSE DIAGNOSED ARE  
ALSO AT RISK FOR:**



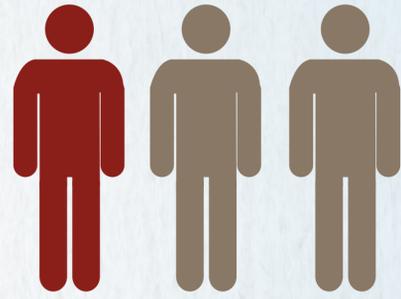
High blood pressure

Blindness and eye problems

Heart disease and/or stroke

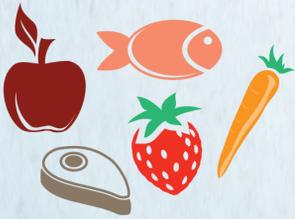
Kidney disease

**WHO IS AT RISK?**



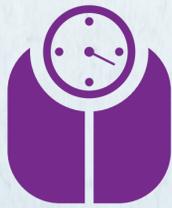
**Nearly a third of all American adults**  
are at **high risk** of developing diabetes.

## HOW CAN YOU PREVENT A TYPE 2 DIABETES DIAGNOSIS?



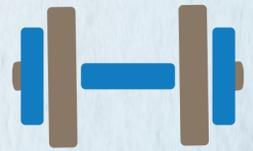
**MAINTAIN A  
HEALTHY DIET**

Ask a nutritionist for guidance.



**LOSE WEIGHT**

Patients who lose as little as 5 percent  
of their body weight can dramatically  
reduce their risk of developing diabetes.



**EXERCISE  
REGULARLY**

Patients who exercise on  
a regular basis can cut their  
risk of diabetes by half.

### SHOULD YOU BE SCREENED FOR DIABETES?

Talk to your doctor if you are...

- ✓ Older than 45
- ✓ Have a body mass index greater than 25
- ✓ Have a family history of diabetes
- ✓ Have/had gestational diabetes

