631,194 Virginians have diabetes
That's about 1 out of every 11 people
1 out of 4 do not know they have diabetes

2.1 million Virginian adults have prediabetes*

9 out of 10 do not know they have prediabetes

Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years

$245 BILLION
Total US medical costs and lost work and wages for people with diagnosed diabetes

Risk of death for adults with diabetes is 50% higher than for adults without diabetes

Medical costs for people with diabetes are twice as high as for people without diabetes

BLINDNESS
KIDNEY FAILURE
HEART DISEASE
STROKE
LOSS OF TOES, FEET, OR LEGS
TYPES OF DIABETES

TYPE 1
- Body does not make enough insulin
- Can develop at any age
- No known way to prevent it
- More than 18,000 youth diagnosed each year in 2008 and 2009 in the US
- In adults, type 1 diabetes accounts for 5% of all diagnosed cases of diabetes

TYPE 2
- Body cannot use insulin properly
- Can develop at any age
- Most cases can be prevented
- Currently, at least 1 out of 3 people will develop the disease in their lifetime
- More than 5,000 youth diagnosed each year in 2008 and 2009 in the US

RISK FACTORS FOR TYPE 2 DIABETES:
- Over 50,000 adults were diagnosed in 2010 in Virginia
- Being overweight
- Family History
- Having Diabetes While Pregnant (Gestational Diabetes)
- Take the diabetes risk test! cdc.gov/diabetes

WHAT CAN YOU DO?

You can prevent or delay type 2 diabetes
- Lose weight
- Eat Healthy
- Be more active

You can manage diabetes
- Work with a Health Professional
- Eat Healthy
- Stay Active

Learn more at www.cdc.gov/diabetes/prevention
Learn more at www.cdc.gov/diabetes/ndep
or speak to a health professional!

REFERENCES


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