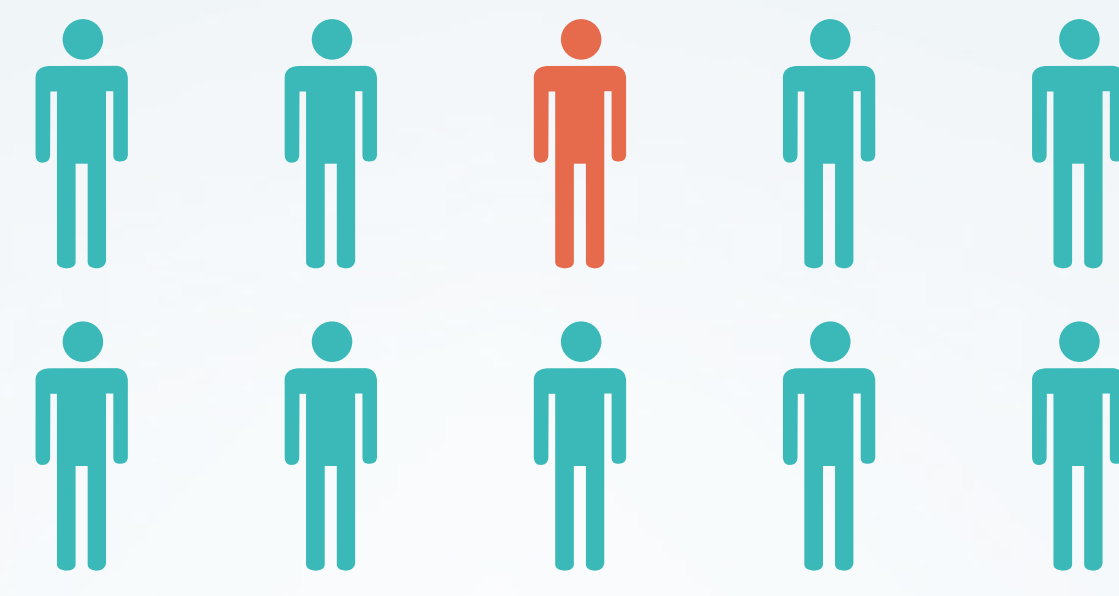


DIABETES

54
THOUSAND

Nearly 54 thousand North Dakota adults have diabetes



That's about 1 out of every 10 people

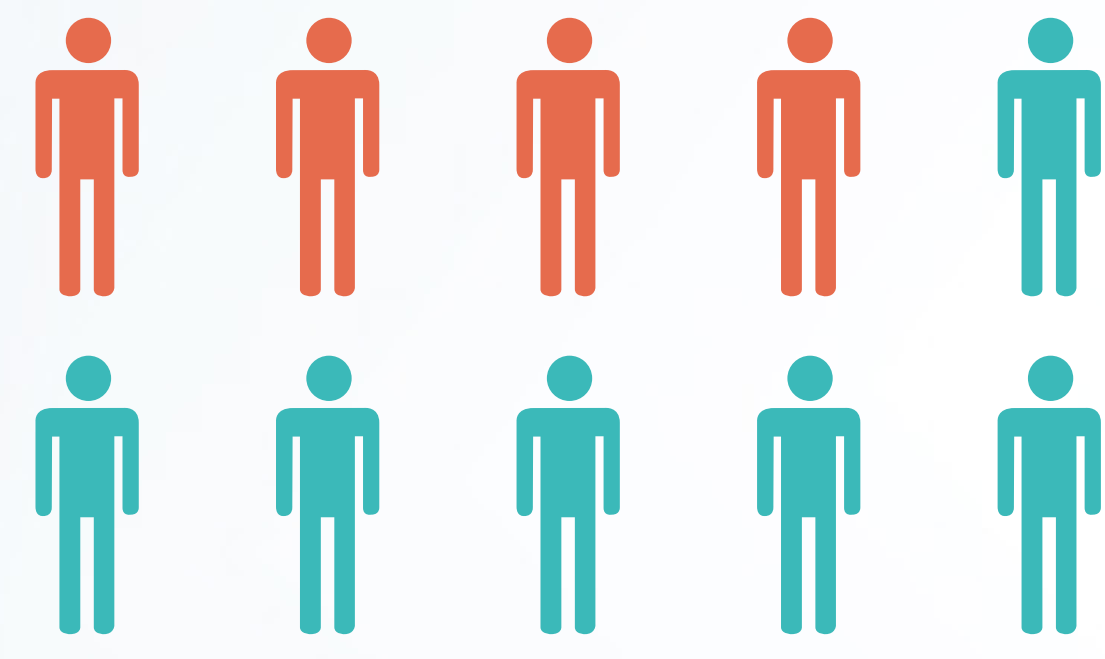
About 17 thousand adults with diabetes are **undiagnosed**, that's



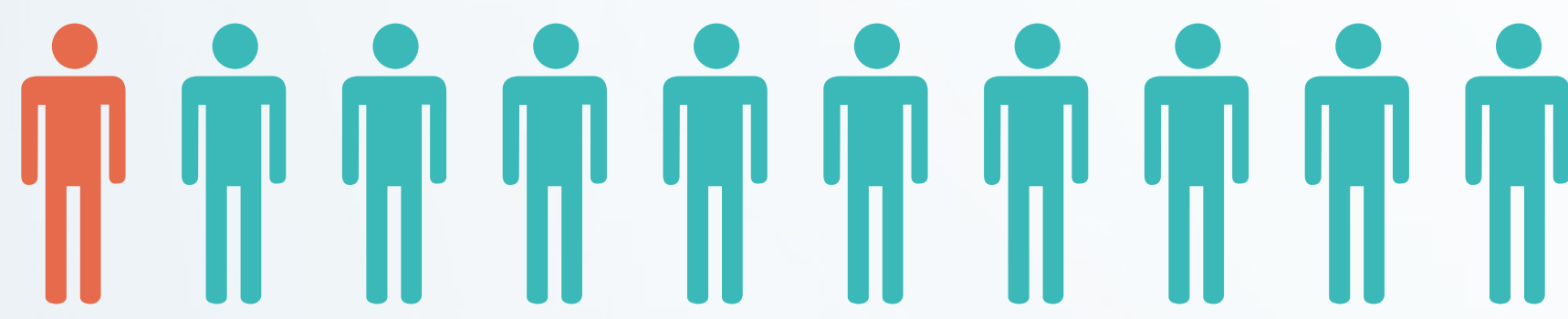
never having been told they have diabetes

PREDIABETES

198
THOUSAND



About 198 thousand North Dakota adults 20 years and older - or 4 out of 10 have prediabetes



ONLY 1 OUT OF 10

North Dakota adults 20 years and older with prediabetes have been told they have it



Without weight loss and moderate physical activity

15-30% OF PEOPLE WITH PREDIABETES will develop type 2 diabetes within 5 years. *

U.S COST*

\$245
BILLION



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**

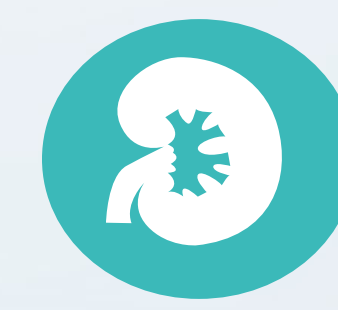


as for people without diabetes

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



BLINDNESS



KIDNEY



HEART DISEASE



STROKE



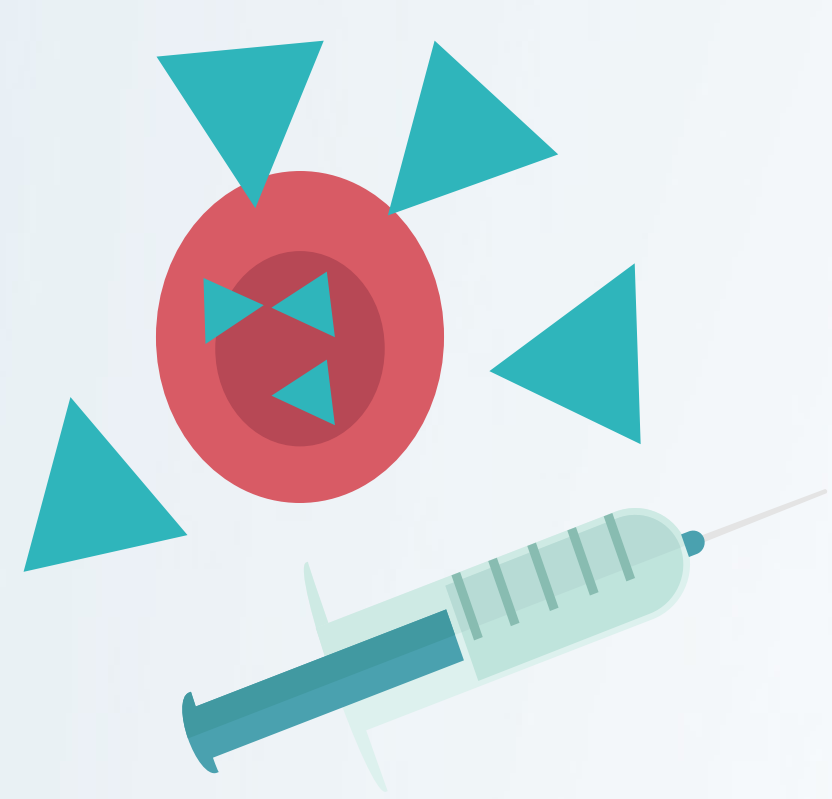
LOSS OF TOES, FEET, OR LEGS

*U.S National Data/Statistics was used to present this information

The Information Presented Below is Based on U.S National Data/Statistics

TYPES OF DIABETES

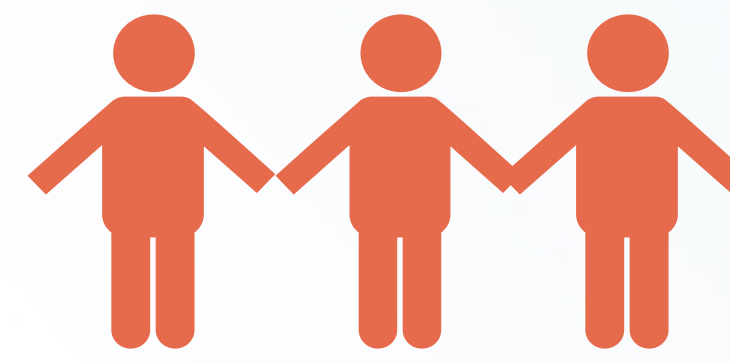
TYPE 1



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 2011 and 2012

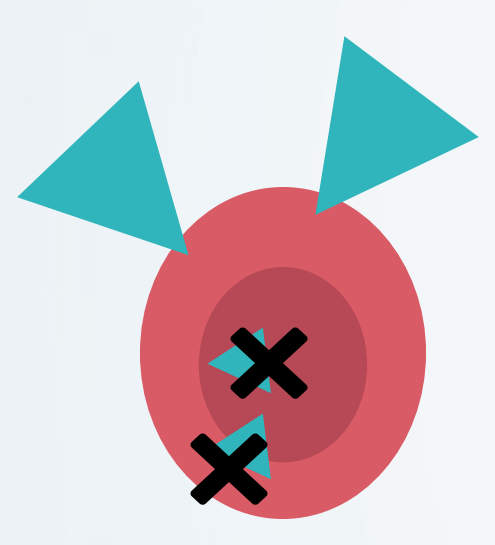


In adults, type 1 diabetes accounts for approximately

5%

OF ALL DIAGNOSED CASES OF DIABETES

TYPE 2



BODY CANNOT USE INSULIN PROPERLY

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

In adults, type 2 diabetes accounts for approximately

95%

of all diagnosed cases of diabetes



More than 5,000 youth diagnosed each year in 2011 and 2012

RISK FACTORS FOR TYPE 2 DIABETES



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



BEING 45 AND OLDER



PHYSICAL INACTIVITY

=



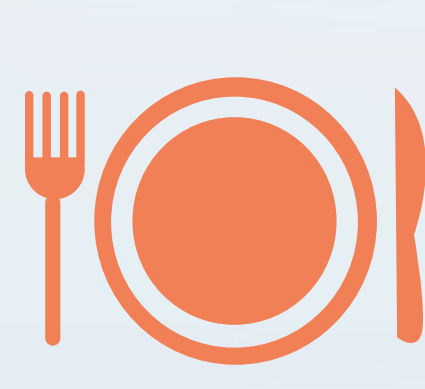
TAKE THE TEST:
<https://doihaveprediabetes.org/prediabetes-risk-test.html>

WHAT CAN YOU DO?

You can PREVENT or DELAY type 2 diabetes



LOSE WEIGHT



EAT HEALTHY



BE MORE ACTIVE



WORK WITH A HEALTH CARE PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

REFERENCES

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Yang W, Dall T, Halder P, Gallo P, Kowal S, Hogan P, Economic Costs of Diabetes in the US in 2012. Diabetes Care 36: 1033-1046, 2013
Infographic developed using the Piktochart infographic maker, www.piktochart.com

LEARN MORE AT: <http://www.diabetesnd.org/>