

# Diabetes in North Dakota

## DIABETES

49  
THOUSAND

49 thousand North Dakota adults have diabetes



That's about 1 out of every 11 people

About 19 thousand adults with diabetes are **undiagnosed**, that's



never having been told they have diabetes

## PREDIABETES

202  
THOUSAND



202 thousand North Dakota adults 20 years and older - about 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\*



\$284  
MILLION



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



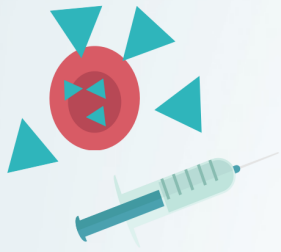
STROKE



LOSS OF TOES, FEET, OR LEGS

**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

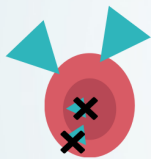


In adults, type 1 diabetes accounts for approximately

**5%**

**OF ALL DIAGNOSED CASES OF DIABETES**

**TYPE 2**



**BODY DOES NOT USE INSULIN PROPERLY OR IS PRODUCING INSUFFICIENT LEVELS OF INSULIN**

- ▶ Can develop at any age



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

**RISK FACTORS FOR TYPE 2 DIABETES**



**WHAT CAN YOU DO?**

You can PREVENT or DELAY type 2 diabetes

You can MANAGE diabetes



**LOSE WEIGHT**



**EAT HEALTHY**



**BE MORE ACTIVE**



**WORK WITH A HEALTH CARE PROFESSIONAL**



**EAT HEALTHY**



**STAY ACTIVE**

**REFERENCES**

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