

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

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 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



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



HAVING DIABETES WHILE PREGNANT (Gestational Diabetes)



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

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