

ADVANCE AND ENHANCE YOUR LIFE

Diabetes Prevention Program



WHAT IS TYPE 2 DIABETES

Type 2 diabetes is a chronic medical condition that occurs when a person's body does not make enough insulin to process the sugars consumed through food or when the body doesn't effectively use the insulin the body does produce.

THE EFFECTS OF DIABETES

Diabetes is a serious chronic condition that can lead to heart disease, high blood pressure, loss of limbs, and blindness.

FACTS ABOUT DIABETES

- More than 29 million people in the United States have diabetes, up from 26 million in 2010.
- It's estimated that 1 in 3 Americans could develop diabetes by 2050, if current trends continue.
- 1 in 4 people with diabetes are unaware they have it.
- Diabetes is the 7th leading cause of death in the United States.
- Medical expenses are 2.3 times higher for those with diabetes.

COST OF DIABETES

In 2012, diabetes costs an estimated \$245 billion in total costs and lost work and wages.

Source: Centers for Disease Control and Prevention

29 MILLION AMERICANS HAVE
DIABETES

86 MILLION AMERICANS HAVE
PREDIABETES



Source: Centers for Disease Control and Prevention (2014)

ymca.net/diabetes

AWARENESS IS THE KEY TO PREVENTION

Of the 86 million Americans with prediabetes, only 9 million are aware of it.

Several factors including family history, age, weight, and physical activity level can contribute to your risk for developing type 2 diabetes, but learning your risk is the first step in preventing new cases of the disease.

ONE MILLION MORE WHO KNOW

We know that the best way to stop type 2 diabetes is to prevent it and awareness is the first step to prevention. Only 10 percent of those with prediabetes are aware of it. We must increase this number.

Chances are you, or someone you know, are one of the 77 million Americans who are unaware they are at risk for type 2 diabetes. Join these national organizations to help **ONE MILLION MORE** people learn their risk. **Take the test, share the test.**

www.ymca.net/diabetes

WHAT IS PREDIABETES

Prediabetes occurs when a person's blood sugar is higher than normal, but not high enough to be diagnosed as diabetes.

Prediabetes does not mean you will definitely develop type 2 diabetes, but it does mean that you have the opportunity to make lifestyle changes, including healthier eating and increased physical activity which result in modest weight loss to prevent or delay the disease.

Currently, there is no cure for diabetes, but prediabetes can be prevented.

