



EVERY 21 SECONDS, SOMEONE IS DIAGNOSED WITH DIABETES.

IT'S TIME TO FIGHT... DECIDE TO FIGHT DIABETES.

DID YOU KNOW?

- Since 1987 the death rate due to diabetes has increased by 45 percent, while the death rates due to heart disease, stroke and cancer have declined.
- If present trends continue, one in three Americans, and 1 in 2 minorities, born in 2000 will develop diabetes in their lifetime.

DIABETES BY THE NUMBERS

- Nearly 21 million children and adults in the United States have diabetes; almost one-third, or 6.2 million people, are unaware they have the disease.
- At least 54 million people have pre-diabetes, a condition that puts them at greatest risk for developing type 2 diabetes.
- Each day, approximately 4,110 people are diagnosed with diabetes.
- In 2005, 1.5 million new cases of diabetes were diagnosed in people age 20 years or older.
- Diabetes is the fifth-deadliest disease in the United States and has no cure.
- The total annual economic cost of diabetes in 2002 was estimated to be \$132 billion.



COULD YOU OR SOMEONE YOU LOVE BE AT RISK?

There's a strong chance that you or someone you care about is at risk for diabetes, or already has it. Diabetes may soon reach epidemic proportions and certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives) are at higher risk. Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth are at risk as well.

If you have already been diagnosed with diabetes, it's important to know that diabetes can lead to heart disease and stroke, high blood pressure, blindness, kidney disease, nervous system damage, amputations and pregnancy complications.

Won't you join us in the fight against diabetes? By joining you'll empower yourself and strengthen your commitment to our mission, to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

BECOME A CHAMPION IN THE CAUSE AGAINST DIABETES AND DEMONSTRATE YOUR COMMITMENT TO FIGHT DIABETES. LEARN HOW BY VISITING [DIABETES.ORG/IDECIDE](https://diabetes.org/idecide).