

YMCA'S DIABETES PREVENTION PROGRAM

86 MILLION HAVE
PREDIABETES

ONLY **9** MILLION ARE
ABOUT **AWARE OF IT**

Source: Centers for Disease Control and Prevention (2014)

ymca.net/diabetes

Classes Beginning Soon:

Sheboygan YMCA: Wednesday, Jan 27 2016 5:30pm-6:30pm

Sheboygan Falls YMCA: Thursday, Feb 11 2016 1:30pm-2:30pm

For more information please contact Mike Burns 920-451-8000 x118

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Diabetes is a serious condition that causes blood sugar levels to rise higher than normal. Type 2 diabetes is the most common form of diabetes. Currently, diabetes affects more than 29 million people.

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity. More than 86 million Americans have prediabetes and are at risk of developing diabetes.

Prediabetes may be reversible; diabetes has no cure.

Chances are you know at least one person with diabetes and the likelihood that you know one of the 86 million Americans with prediabetes is even greater. Only about 9 million people know they have prediabetes, a potentially reversible condition.



The percentage of U.S. adults aged 20 years or older with prediabetes in 2009-2012 was similar for non-Hispanic whites (35%), African Americans (39%), and Hispanic/Latinos (38%).

Cases of diabetes in the U.S., 2010-2012

7.6%	Non-Hispanic whites
9.0%	Asian American
12.8%	Hispanic/Latino
13.2%	African American
15.9%	American Indian/Alaska Natives

Source: Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2014

Over half (51%) of all Americans with prediabetes are aged 65 or older. Nearly 40% of adults with diabetes are 65 years or older.

Total: By age:

20 years or older	28.9 million
20-44	4.3 million
45-64	13.4 million
65 years or older	11.2 million

Source: Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2014