

HealthReach Community Health Centers November 2019



Fast Facts about Diabetes

- 30.3 million Americans have diabetes
- 95% of Americans who have diabetes have type II diabetes
- Type II diabetes can develop at any age
- Diabetes can lead to other major health issues including heart disease, vision loss, and nerve damage
- People with diabetes spend 2.3 times more on medical expenses than people without diabetes

American Diabetes Month

Risk factors for Type II Diabetes

- Overweight
- 45 or older
- Unhealthy eating habits
- Low levels of physical activity

Tips for Preventing Type II Diabetes

- Eat a healthy diet
- Drink less sugary beverages
- Maintain a healthy weight
- Increase physical activity

Resources: <https://www.cdc.gov/diabetes/basics/risk-factors.html>
<https://www.cdc.gov/diabetes/basics/type2.html>
<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
<https://www.cdc.gov/diabetes/data/statistics-report/deaths-cost.html>

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