



## **A MINUTE OF HEALTH WITH CDC**

### ***Diabetes: What's Your Type?***

*Prevalence of Diagnosed Diabetes in Adults by Diabetes Type—United States, 2016*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Diabetes is the seventh leading cause of death in the U.S. Unfortunately, one in four adults with diabetes don't even know they have it. The two most common forms are Type 1, which usually requires insulin, and Type 2, which often can be managed through a combination of diet, exercise, and medication. Left untreated or uncontrolled, diabetes can cause kidney failure and blindness and result in lower-limb amputations. Regular screening can determine if you have or are at risk for getting diabetes. If you have diabetes, talk with your doctor about a management plan and stick to it. Managing diabetes can help prevent serious health problems later in life.

Thank you for joining us on *A Minute of Health with CDC*.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*