



Managing Diabetes: Lifestyle Matters

If you're one of the more than 88 million Americans with Type I or II diabetes, there are a few things you should know:

- 34.2 million US adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the seventh leading cause of death in the United States.
- Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

While there isn't a cure for diabetes, lifestyle changes such as losing weight, eating healthy foods, being active, and working with your medical team on proper medical treatment can help.

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

<https://www.cdc.gov/diabetes/basics/diabetes.html>

