

insulin or cells [stop responding to insulin](#), too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as [heart disease](#), [vision loss](#), and [kidney disease](#).

There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can be needed, getting [diabetes self-management education and support](#), and keeping health care appointments can help reduce the impact of diabetes on your life.

## Types of Diabetes

There are three main types of diabetes: [type 1](#), [type 2](#), and [gestational diabetes](#) (diabetes while pregnant).

### Diabetes by the Numbers

- **30.3 million** US adults have diabetes, and 1 in 4 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 amputation, and blindness.
- In the last **20 years**, the number of adults diagnosed with diabetes has increased by 100%.

**Type 1 diabetes** is thought to be caused by an autoimmune reaction (the body attacks itself by not making insulin). About 5% of the people who have diabetes have type 1. Symptoms of type 1 diabetes usually appear quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

With **type 2 diabetes**, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but can also be diagnosed in teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar checked regularly. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy, and being active.

**Gestational diabetes** develops in pregnant women who have never had diabetes. If you have gestational diabetes, you could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born, but you're at risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen, and you're more likely to have type 2 diabetes later in life too.

## Prediabetes

In the United States, 84.1 million adults—more than 1 in 3—have [prediabetes](#). What's more, 90% of people with prediabetes have it. With prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes raises your [risk](#) for type 2 diabetes, heart disease, and stroke. The good news is that you can prevent or delay type 2 diabetes by losing weight, eating healthy, and being active.

