

DIABETES

79 MILLION

Americans have prediabetes

More than the population of the East Coast from Connecticut to Georgia

5,000

Americans will be diagnosed with **TYPE 2 DIABETES**

(Source: American Diabetes Association)



TYPE 2 DIABETES

The type associated with obesity
**INCREASED MORE THAN 30%
BETWEEN 2000 AND 2009.**



(Source: Journal of the American Medical Association re: SEARCH for Diabetes in Youth Study)



Diabetes will cost America
\$476 MILLION
in the next 24 hours

Today Diabetes will Claim

200
LIVES

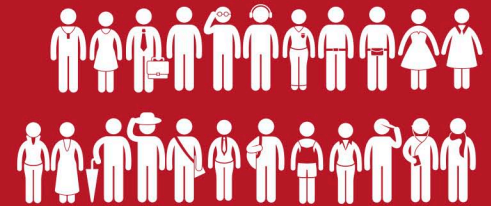
180
LIMBS



Right now

7 MILLION

Don't know they have diabetes



(Source: American Diabetes Association)

THE SITTING & DIABETES CONNECTION

The Australian Diabetes, Obesity and Lifestyle Study, a mammoth study cataloging the health and fitness habits of 12,000 Australians found that people with high sedentary behavior had a

112%

increase in their relative risk of
Type 2 diabetes.

A similar study of more than 4000 civil servants **conducted by University College London** found that:

SPENDING LESS THAN 12
hours per week sitting **decreased their**
diabetes risk by 75%

Those who sit more than
25 HOURS PER WEEK
increased the chance of developing metabolic risk factors like diabetes, insulin resistance, and "bad" cholesterol.