Nearly 54 thousand North Dakota adults have diabetes. That's about 1 out of every 10 people.

About 198 thousand North Dakota adults 20 years and older - or 4 out of 10 have prediabetes. Only 1 out of 10 North Dakota adults 20 years and older who have prediabetes have been told they have it.

Without weight loss and moderate physical activity, 15-30% of people with prediabetes will develop type 2 diabetes within 5 years.

In adults, type 2 diabetes accounts for approximately 95% of all diagnosed cases of diabetes. More than 5,000 youth were diagnosed each year in 2011 and 2012.

In adults, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes.

Medical costs for people with diabetes are twice as high as for people without diabetes.

People who have diabetes are at higher risk of serious health complications:
- Stroke
- Loss of toes, feet, or legs
- Kidney disease
- Heart disease
- Blinding

In adults, type 2 diabetes accounts for more than 10,000 youth diagnosed each year in 2011 and 2012.