

# HEALTHY BLOOD SUGAR. HEALTHY BRAIN.

Diabetes is a disease in which glucose is not properly used as an energy source and overproduced, leading to high blood sugar.<sup>1</sup>



In 2021, it was estimated that over 38 million people in the United States had diabetes.<sup>2</sup>



At least 1 in 5 adults with diabetes do not know that they have it. Screening and early diagnosis is important to help avoid complications from diabetes.<sup>1,2</sup>



Rates of diabetes are highest among American Indians/Alaska Natives, followed by non-Hispanic Black people, Hispanics, non-Hispanic Asians and non-Hispanic white people.<sup>2</sup>



Diabetes can cause inflammation, which may damage blood vessels and cells in the brain, increasing the risk of developing dementia.<sup>3</sup>



Being diagnosed with diabetes at a younger age is associated with a higher risk of dementia.<sup>4</sup>



Prediabetes is when your blood sugar is higher than normal, but not high enough to be diagnosed as diabetes.<sup>2</sup>



An estimated 97.6 million adults in the U.S. had prediabetes in 2021.<sup>2</sup>



Being physically active and maintaining a healthy diet may reduce the risk of dementia for people with prediabetes and diabetes.<sup>3</sup>



## References

<sup>1</sup> American Diabetes Association Professional Practice Committee; 2. Diagnosis and Classification of Diabetes: Standards of Care in Diabetes—2024. *Diabetes Care* 1 January 2024; 47 (Supplement\_1): S20–S42. <https://doi.org/10.2337/dc24-S002>

<sup>2</sup> Centers for Disease Control and Prevention. National Diabetes Statistics Report. <https://www.cdc.gov/diabetes/data/statistics-report/index.html>. Accessed February 1, 2024.

<sup>3</sup> Alzheimer's Association. Diabetes and Cognitive Decline. <https://www.alz.org/media/documents/alzheimers-dementia-diabetes-cognitive-decline-ts.pdf>. Last updated February 2023. Accessed on October 12, 2023.

<sup>4</sup> Barbiellini Amidei C, Fayosse A, Dumurgier J, et al. Association Between Age at Diabetes Onset and Subsequent Risk of Dementia. *JAMA*. 2021;325(16):1640–1649. <https://jamanetwork.com/journals/jama/fullarticle/2779197>

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