

This Disease Now Affects Half of All American Adults

Half of all adults in the U.S. have diabetes or pre-diabetes, according to a new study from the *Journal of the American Medical Association*.

Researchers found that 12-14 percent of adults were diagnosed with the disease in 2012, the latest year for which statistics are available.

Most have Type 2 diabetes, which is linked to obesity and a lack of physical activity. Another 40 percent of Americans have pre-diabetes, which means they have high blood sugar levels that could lead to full-fledged diabetes.

Other studies have shown that changes in your lifestyle can delay or prevent diabetes.