

Diabetes Fact Sheet

Facts:

- Diabetes is a serious disease affecting approximately **18.2 million people** in the U.S. (6.3% of the population)
- An estimated 13 million people have been diagnosed, yet **5.2 million people are unaware** that they have the disease

What is it and why is it a problem?

Type 1 Diabetes: accounts for 5-10% of all cases

What is it?

With this type of diabetes, the body is unable to produce insulin.

Why is this a problem?

Some of the food we eat is turned into glucose (sugar), which helps to provide energy to our body cells. Insulin, (a hormone made by the pancreas), helps glucose get into our body cells. Without insulin, the body's ability to use glucose for fuel is impaired.

What causes it?

Type 1 diabetes may be genetic, immune system or environmentally related. People are usually born with the tendency for type 1, which appears by early teens

How is it treated?

Type 1 diabetes requires regular insulin injections, and regular monitoring of blood glucose levels to ensure the correct amount of insulin is being given.

Type 2 Diabetes: accounts for 90-95% of all cases

What is it?

With type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Therefore, glucose levels build up in the blood instead of going into cells.

Why is this a problem?

Glucose levels build up in the blood instead of going into the cells. This results in the body cells becoming starved for energy.

What causes it?

Risk factors for type 2 diabetes include being overweight, being physically inactive, and other family members having diabetes.

The following groups have a higher risk for developing type 2 diabetes than others: African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.

How is it controlled or prevented?

Type 2 diabetes can be controlled and possibly prevented by weight loss and regular exercise. The Diabetes Prevention Program (DPP) Study recently showed

that just 30 minutes a day of moderate physical activity, together with a 5-10% decrease in body weight, produced a 58% reduction in diabetes. Suggestions:

- Weight – keep to a recommended range in proportion to your height
- Healthy eating – plan meals ahead and balance food intake with insulin intake as directed by your doctor. Keep diet low in fatty foods and high in foods that contain fiber, such as whole grains, fruits and vegetables
- Physical activity – stay physically active and exercise regularly, e.g. walking briskly for 30-60 mins at least 3 times per week
- Medications – take all medications as prescribed by your doctor and check your glucose levels regularly
- Tobacco – don't smoke

Gestational Diabetes

What is it?

This type of diabetes is when pregnant women have high blood sugar levels (glucose) during pregnancy

Why is this a problem?

Untreated or poorly controlled gestational diabetes can hurt your baby, by causing the baby to have high glucose levels, which as a result is stored as excess fat. The babies produce extra insulin, and they can become children who are at risk for obesity, or adults who are at risk for type 2 diabetes.

How is it treated?

Special meal plans and regular physical activity should be recommended by your doctor or nurse. Blood glucose testing and insulin injections may also be necessary.

For more information, visit:

www.diabetes.org

American Diabetes Association (ADA)