Main types of diabetes

**TYPE 1 DIABETES**
Body does not produce enough insulin

**TYPE 2 DIABETES**
Body produces insulin but can’t use it well

**GESTATIONAL DIABETES**
A temporary condition in pregnancy

Consequences
Diabetes can lead to complications in many parts of the body and increase the risk of dying prematurely.

- Stroke
- Blindness
- Heart attack
- Kidney failure
- Amputation

3.7 MILLION deaths due to diabetes and high blood glucose
1.5 MILLION deaths caused by diabetes

422 MILLION adults have diabetes
THAT’S 1 PERSON IN 11

www.who.int/diabetes/global-report
#diabetes
Risk factors for type 2 diabetes
Genetics, age and family history of diabetes can increase the likelihood of becoming diabetic and cannot be changed. But some behaviours that increase risk can:

- Unhealthy diet
- Physical inactivity

1 in 3 is overweight
1 in 10 is obese

KEY ACTIONS

FOR EVERYONE

- Eat healthily
- Be physically active
- Avoid excessive weight gain
- Check blood glucose if in doubt
- Follow medical advice

FOR GOVERNMENTS

Healthy Environments

ENSURE

Better Diagnosis & Treatment

Better Data