

# 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**



**1 in 3 is overweight**



**Physical inactivity**



**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**

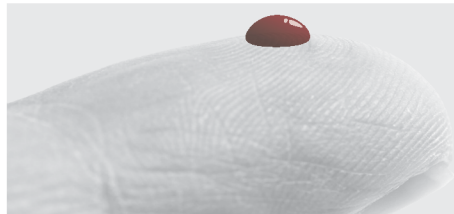
**ENSURE**



**Better Diagnosis & Treatment**



**Better Data**



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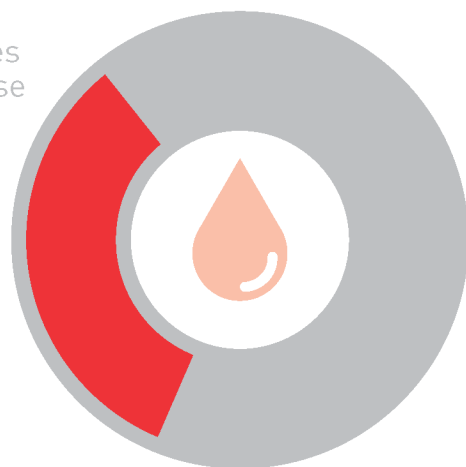
DIABETES IS  
ON THE RISE



**422** MILLION  
adults have diabetes

**3.7 MILLION**  
deaths due to diabetes  
and high blood glucose

**1.5 MILLION**  
deaths caused  
by diabetes



THAT'S **1** PERSON IN **11**



## 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.

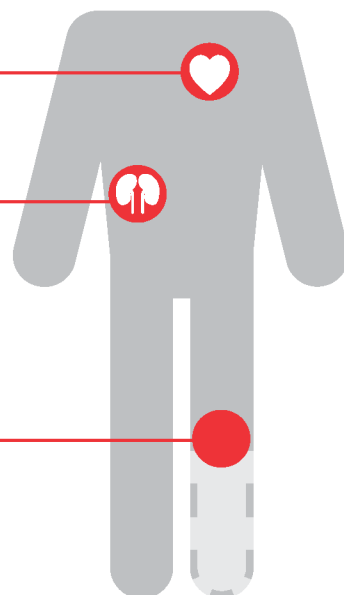
Stroke —

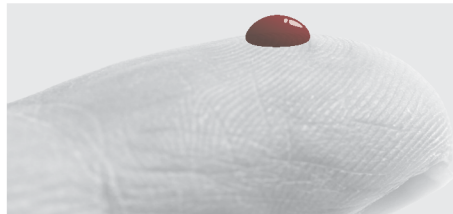
Blindness —

Heart attack —

Kidney failure —

Amputation —





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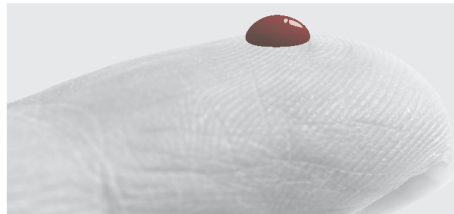
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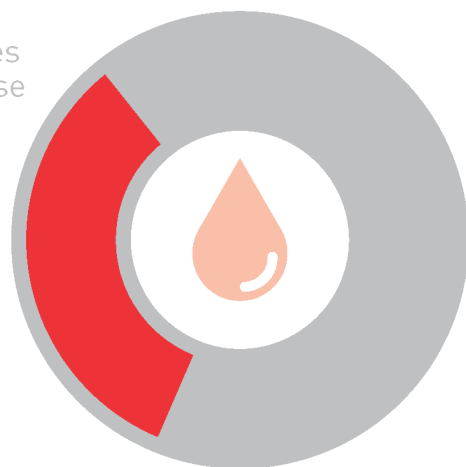
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