

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

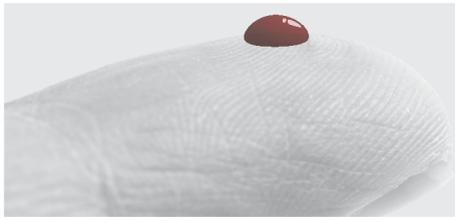
ENSURE



Better Diagnosis & Treatment



Better Data



DIABETES

DIABETES IS ON THE RISE

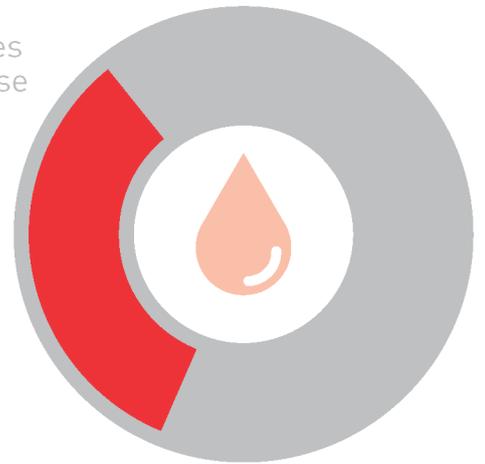


422 MILLION

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

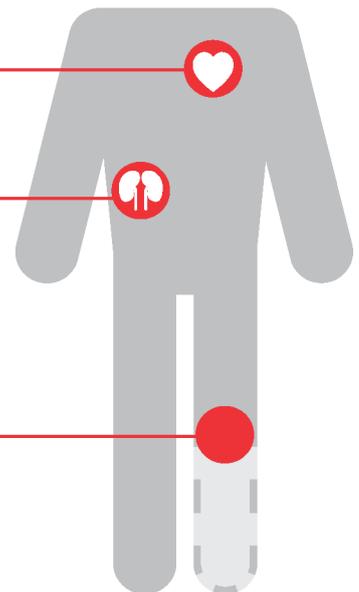
Diabetes can lead to complications in many parts of the body and increase the risk of dying prematurely.

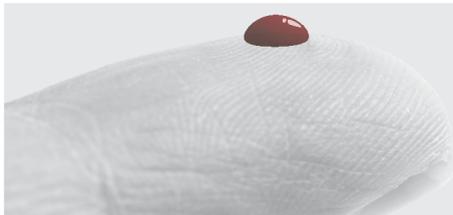
Stroke 
Blindness 

Heart attack 

Kidney failure 

Amputation 





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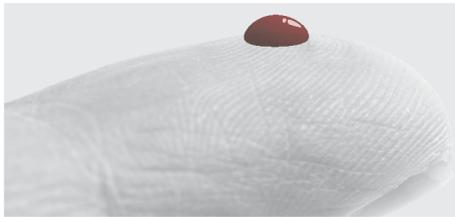
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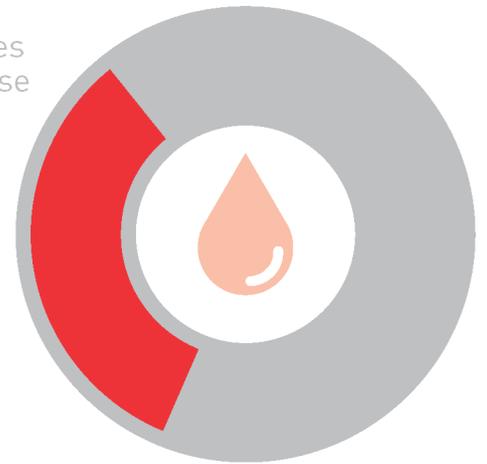


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