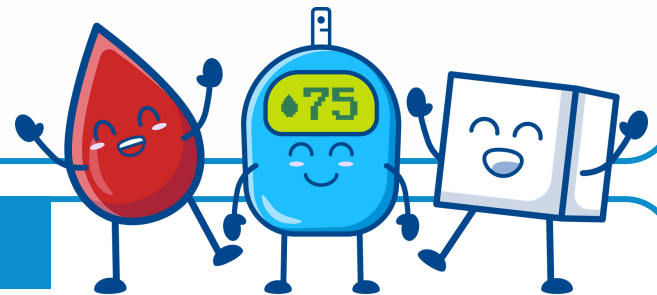


DIABETES

DIABETES FACTS

- **Diabetes** is a chronic condition that affects how the body turns food into energy.
- **Over 830 million** people around the world have diabetes.
- **Insulin** is a hormone made by the pancreas that helps move glucose (sugar) from the bloodstream into the body's cells to be used for energy.
- **Type 1 Diabetes:** the body's immune system attacks and destroys the beta cells in the pancreas, so the body does not produce insulin.
- **Type 2 Diabetes:** the body becomes resistant to insulin or doesn't use it effectively. This type is often linked to lifestyle factors and is the most common (95% of diabetes cases).
- **Prediabetes:** blood sugar is higher than normal, but not yet at diabetic levels. Those with prediabetes are at a high risk of developing diabetes, so lifestyle changes are important.
- **Symptoms** of diabetes include feeling very thirsty, urinating more often than usual, blurred vision, feeling tired, and losing weight unintentionally. Uncontrolled diabetes can lead to blindness, kidney failure, heart attack, stroke, and toe/foot/leg amputation.
- **A1c** is a blood test that measures your average blood sugar over the past 2–3 months and is used to diagnose and monitor diabetes.
 - A1c level below 5.7% = normal
 - 5.7%–6.4% = prediabetes
 - 6.5% or higher = diabetes



PREVENTION & MAINTENANCE

- **Diabetes risk** increases with family history, excess body weight, age, race, and other factors.
- **Lifestyle changes** can help prevent, manage, and even reverse Type 2 Diabetes (T2D).
- **Regular physical activity** (like walking) improves insulin sensitivity and lowers blood sugar. Aim for 150 minutes per week (20-30 mins/day)
- **Balanced nutrition** helps stabilize blood sugar and reduce inflammation. Aim for more fiber-rich vegetables, whole grains, beans, and lean proteins. Limit sugary drinks, refined carbohydrates, and highly processed foods.
- **Maintaining a healthy weight** or even modest weight loss (5–10%) can significantly reduce the risk of developing T2D.
- **Stress management, adequate sleep, and avoiding tobacco and alcohol** can also play a role in diabetes prevention/maintenance.
- **Medication** (including insulin therapy) and newer treatments (like metformin or GLP-1 medications) may be used to support blood sugar control and protect heart/kidney health.
- **Talk to your doctor** about diabetes screening or an individualized treatment plan.

