

Diabetes



Risk Factors

Type I: Not Preventable

- **Genetics**
- **Environment**

Type II: Preventable

- **Age**
- **Race/ethnicity**

Type II diabetes is most often diagnosed in blacks, Hispanics, Native Americans and Asians.

- **Poor diet**
- **Obesity/physical inactivity**

People who are overweight and/or obese have a greater risk of developing diabetes.

Increases the risk of:

- **Heart disease**
- **High blood pressure**
- **Stroke**
- **Eye disease**

Diabetics have a high risk of glaucoma, cataracts, and diabetic retinopathy.

- **Periodontal Disease**

Those with diabetes are twice as likely to have gum disease than those without.

- **Kidney disease**
- **Lower extremity conditions**

60-70% of people with diabetes have some form of muscle pain, loss of control of muscles, or spasms.

- **Infections**
- **Pregnancy complications**

Diabetes is a disease that occurs when the body has very high blood sugar levels. This happens because either the body does not produce **insulin** (a hormone that controls sugar levels) correctly, or insulin in the body is not working properly.

Type I diabetes occurs when the body does not make insulin and is usually diagnosed in children.

Type II diabetes occurs when insulin and the body do not interact properly and can be found in people of all ages.

Gestational diabetes may occur during pregnancy and 5-10% of women with gestational diabetes remain type II diabetics. Overall, gestational diabetics have a 35-60% chance of developing type II diabetes in the next 10-20 years.

Pre-diabetes means there is a high risk of developing diabetes, but this condition can be stopped with preventative measures such as weight management.

Facts

- Diabetes was the 7th leading cause of death in the United States in 2009.
- Approximately 26 million Americans have diabetes.
- Nearly 7 million Americans do not know that they have diabetes.

For more information and data, go to www.SDHealthStatistics.com

Community Health Statistics Unit:
619-285-6479

Prevent Complications

- **Control blood sugar**
 - Plan meals carefully
 - Monitor blood glucose frequently
- **Control your blood pressure and cholesterol/lipids**
 - Take medications prescribed by your doctor
 - Manage stress
 - Eat a healthful diet and exercise at least 2 hours and 30 minutes a week.
- **Maintain healthy weight**
- **Don't smoke**

Diabetics who smoke are three times more likely to die of heart disease than diabetics who do not smoke.
- **See your doctor regularly**
- **Take care of your feet**

Diabetes can damage nerves and blood vessels making it harder to feel injuries and infections.
- **Get regular dental exams**
- **Get a yearly eye exam**
- **Get an annual influenza vaccination**

Diabetes can affect the immune system, slow healing, and lead to flu complications.

Resources

CDC Diabetes Public Health Resource: www.cdc.gov/Diabetes/
San Diego Diabetes Coalition: www.diabetes-sandiego.org