

Diabetes



Risk Factors

Type I: Not preventable

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

Type II: Preventable

- **Age**
Adults 45 years and older have the highest risk.
- **Family History**
- **Race/Ethnicity**
African Americans, Hispanics, and American Indian/Alaska Natives have the highest risk.
- **Prediabetes**
- **Poor Diet**
- **Physical Inactivity**
- **Obesity**

Prevention

- **Follow a healthy diet**
- **Maintain a healthy weight**
- **Be physically active**
At least 150 minutes per week of moderately intense physical activity.

Diabetes increases the risk of:

- **Heart Disease and Stroke**
- **High Blood Pressure**
- **High Cholesterol**
- **Eye Disease** (Cataracts, glaucoma, and Diabetic retinopathy)
- **Nerve Damage** (hands, feet, legs, and arms)
- **Periodontal Disease**
- **Chronic Kidney Disease**

Diabetes is a disease that affects the body's ability to use sugar (glucose) from foods and turn it into energy. The disease occurs when the body is unable to make or use insulin, a hormone that helps move sugar from the blood into cells, making blood sugar levels rise.

Type 1 diabetes occurs when the body is unable to produce insulin. This type accounts for 5-10% of all cases of diagnosed diabetes and is usually diagnosed in children.

Type 2 diabetes occurs when the body is unable to normally respond to insulin. This type accounts for 90-95% of all cases of diagnosed diabetes and can develop in people of all ages.

Gestational diabetes may occur during pregnancy among people who do not already have diabetes. Approximately 50% of those with gestational diabetes can develop type 2 diabetes post-pregnancy.

Prediabetes refers to blood sugar levels that are higher than normal, which increases the risk of developing type 2 diabetes.

Resources

Live Well San Diego

Prevent Diabetes

www.livewellsd.org

National Diabetes

Prevention Program (NDPP)

www.cdc.gov/diabetes

For more information and data go to

www.SDHealthStatistics.com

Community Health Statistics Unit:

619-692-6667

Prediabetes can be prevented with healthy lifestyle changes such as diet and physical activity.

Facts

- In 2019, Diabetes was the 7th leading cause of death in the United States.
- Over 1 in 3 American adults are prediabetic. Approximately 80% of those who are prediabetic are unaware of their status.
- Diabetes is the number one cause of kidney failure, adult blindness, and lower-limb amputations.
- In San Diego County, the death rate due to diabetes was 22.7 per 100,000 population in 2019.

Prevent Complications

- **Regularly visit your doctor to monitor and control:** Blood sugar, blood pressure, cholesterol/lipids, and kidney function.
- **Get regular eye and dental exams**
- **Care for feet daily**
Nerve damage can make it hard to feel injuries and infections which can lead to amputation.
- **Stop or do not start smoking**
Diabetic smokers are more likely to get nerve damage or gum disease.
- **Get an annual influenza vaccine**
- **Manage stress to help control blood pressure.**