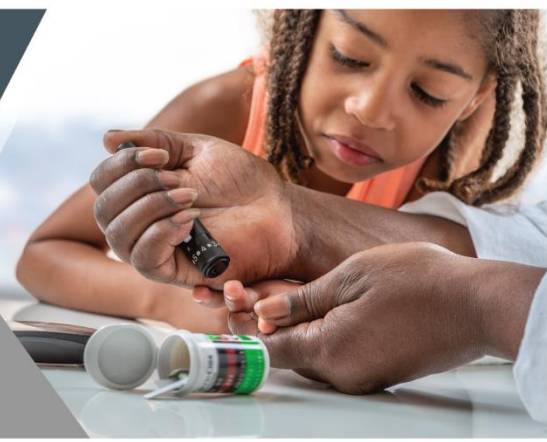


Diabetes 101



Diabetes is a group of diseases characterized by high blood glucose, or blood sugar, triggered when the body either does not produce enough insulin or is unable to use insulin in an effective way.

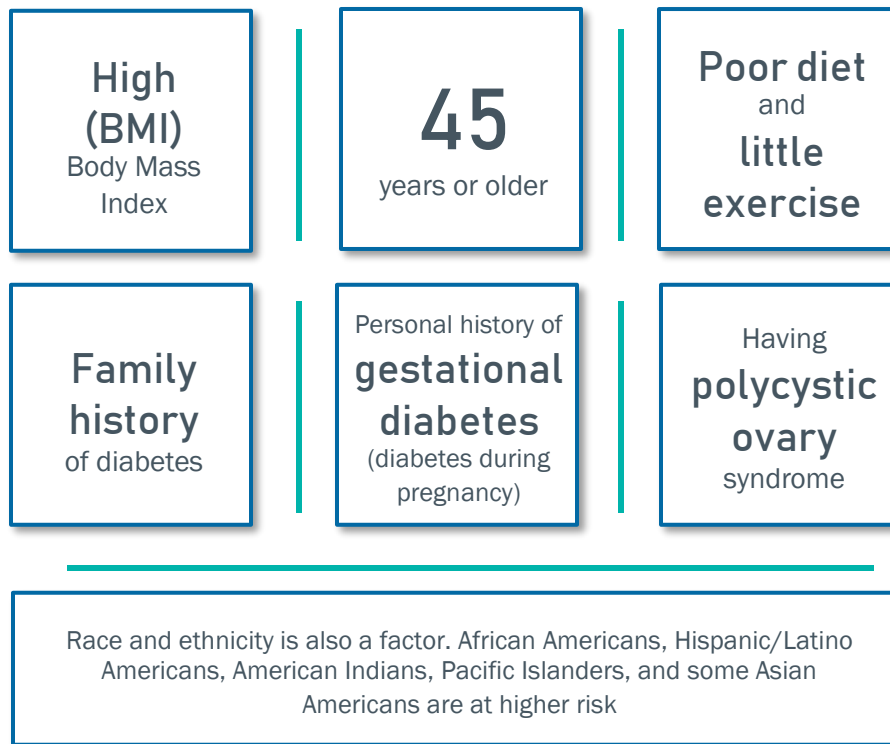
Insulin is a hormone created by the pancreas that allows glucose from the foods we eat to pass from the blood stream to the cells throughout the body, which in turn produces energy. When not controlled, high levels of glucose can lead to serious health complications, including death. [1,2,3](#)

As of January 2021, 415 million people worldwide are living with diabetes and that number is estimated to grow to half a billion worldwide by 2040. [3](#) In the United States alone, 1 in 10 people are afflicted with diabetes, and in 2020, this disease was the seventh leading cause of death.

Types of Diabetes

- **Prediabetes:** Prediabetes is an early form of type 2 diabetes. Blood sugar levels are higher than normal, but not high enough to classify as type 2 diabetes. Prediabetes is reversible with a healthy lifestyle. [4](#)
- **Type 1 Diabetes (T1D):** In T1D, formerly known as juvenile diabetes, the pancreas does not make insulin or makes very little insulin. Without insulin, blood sugar can't get into cells and builds up in the bloodstream instead. High blood sugar is very damaging to the body and causes diabetes. T1D is less common than T2D and is often diagnosed among children under 18. Currently, there is insufficient data on how to prevent T1D, but it can be managed effectively through a healthy lifestyle, management of blood sugar levels, and frequent health checkups. [4](#)
- **Type 2 Diabetes (T2D):** With T2D, cells do not respond normally to insulin, which is medically referred to as insulin resistance. The pancreas makes more insulin to respond, but eventually the pancreas can't keep up, blood sugar levels rise and diabetes develops. [5](#)
- **Gestational diabetes (GDM):** This type of diabetes consists of high blood glucose during pregnancy and is associated with complications to both mother and child. GDM usually disappears after pregnancy but both the mother and child are at increased risk of developing T2D later in life. [1](#)

Risk Factors



Are you at risk?

The International Diabetes Federation (IDF) created an online diabetes risk assessment to help predict an individual's risk of developing type 2 diabetes within the next ten years. Click [here](#) to complete the assessment.

The American Diabetes Association also offers an abbreviated 60-second [type 2 diabetes Risk Test](#), which you can complete for yourself or a loved one. [6.7](#)

Educational Resources

If you would like to continue your education on diabetes, the following organizations have reliable and simple to read resources available:

- [American Diabetes Association](#)
- [National Institute of Diabetes and Digestive and Kidney Diseases](#)
- [Centers for Disease Control and Prevention](#)
- [World Health Organization](#)
- [International Diabetes Federation](#)