



AMERICAN DIABETES MONTH

NOVEMBER 2017

WHAT IS DIABETES?

Most of the food we eat is turned into glucose for our bodies to use as energy. Diabetes is when the body does not properly process food as energy. Someone with diabetes either does not make enough insulin or cannot use the body's insulin as it should, which causes sugars to build up in the blood. There are three main types of diabetes:

Type 1 diabetes is an autoimmune reaction that stops the body from making insulin.

Type 2 diabetes is when the body is unable to keep blood sugar at normal levels and does not use insulin properly.

Gestational diabetes develops in some pregnant women who have never had diabetes, and often goes away after the baby is born.

WHAT IS PREDIABETES?

Prediabetes is when someone's blood sugar level is higher than normal, but not high enough to be diagnosed as type 2 diabetes. An estimated 1 in 3 adults in the U.S. have prediabetes. In 2014, 7.8% of adults living in Iowa were told by a healthcare professional they have prediabetes.

Fortunately, someone living with prediabetes can take steps to prevent or delay the onset of type 2 diabetes by losing 5-7% of body weight, being more active, and eating more healthy foods.



RISK FACTORS FOR DEVELOPING PREDIABETES:

- ⇒ Overweight or obese
- ⇒ Family history of type 2 diabetes
- ⇒ Age 45 or older
- ⇒ Not physically active
- ⇒ Had diabetes while pregnant
- ⇒ African American, American Indian, Hispanic, Asian American, or Pacific Islander