

# TYPE 2 DIABETES

## What is Type 2 Diabetes?<sup>2,4</sup>

Type 2 Diabetes occurs when the body can no longer use energy from food properly. The Pancreas is an organ that produces a hormone known as insulin. This hormone helps regulate glucose (sugar) levels. Over time your pancreas may produce less insulin and cells can begin to become resistant to it. This leads to a build-up of sugar in the blood.



## Statistics

**90%**



of people with  
diabetes are obese<sup>3</sup>

**1 in 10  
Adults<sup>2</sup>**



1 in 10 United States adults  
develop type 2 diabetes

## Symptoms<sup>5</sup>

- increased thirst
- frequent urination
- increased hunger
- unintended weight loss
- fatigue
- blurred vision
- numbness and tingling of extremities



---

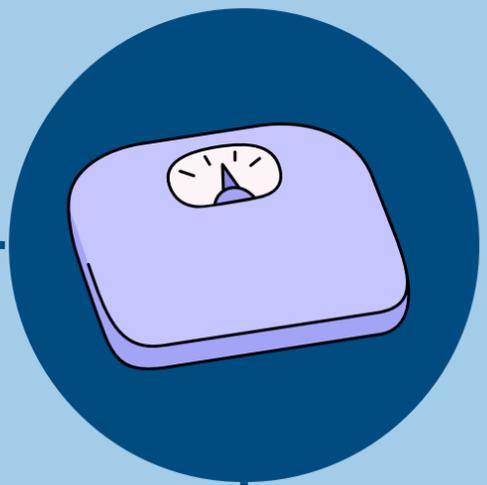
Please see a doctor  
if you are  
experiencing any of  
these symptoms

---

Age



Weight



## Risk Factors<sup>1</sup>



Race



Family History

## Prevention<sup>2,5</sup>



- Eat healthy foods: fruits and vegetables
- Daily exercise: walking, running, or weightlifting
- Weight loss

## Managing Diabetes<sup>6</sup>

Eat healthy



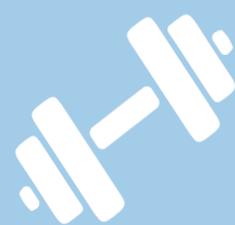
Regulate blood pressure & cholesterol



Use insulin and other prescriptions



Exercise



Monitor feet, hands, skin, and eyes



# Sources

1. Risk Factors for Type 2 Diabetes. National Institute of Diabetes and Digestive and Kidney Disease. Accessed October 24, 2023.

<https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes>

2. Type 2 Diabetes. Cleveland Clinic. Accessed 10/24/2023, 2023.

<https://my.clevelandclinic.org/health/diseases/21501-type-2-diabetes>

3. Maggio CA, Pi-Sunyer FX. Obesity and type 2 diabetes. Endocrinology and Metabolism Clinics of North America. 2003/12/01/ 2003;32(4):805-822. doi:[https://doi.org/10.1016/S0889-8529\(03\)00071-9](https://doi.org/10.1016/S0889-8529(03)00071-9)

4. Type 2 Diabetes. Mayo Clinic. Accessed October 24, 2023.

<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193>

5. Type 2 Diabetes. Accessed October 31, 2023.

<https://www.cdc.gov/diabetes/basics/type2.html>