

Diabetes Awareness Month

N O V E M B E R

Type I

Autoimmune reaction preventing the adequate insulin production in the body

5-10% of cases

Most commonly diagnosed in children, teens, and young adults

Prevention unknown

Type II

Body does not use insulin well resulting in abnormal blood sugar levels

90-95% of cases

Most commonly diagnosed in adults
Develops over many years

Can be prevented or delayed through healthy lifestyle changes:

- losing weight
- balanced diet
- staying active

34.2
million Americans
20% don't know

7th
leading cause of
death



88 million U.S. adults have **prediabetes**, or abnormally high blood sugar levels that are not yet high enough to be diagnosed as type II diabetes

Prediabetes raises risk of:
Type II diabetes, heart disease, and stroke

References

Centers for Disease Control and Prevention, [cdc.gov](https://www.cdc.gov/diabetes/basics/diabetes.html)
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