

Diabetes – Fact Sheet

Overview: What is Diabetes

Diabetes is a long-term condition that affects the body's ability to absorb the sugar from the bloodstream. Too much sugar in the bloodstream causes organ damage; this can appear as:

- Vision loss
- Heart disease
- Kidney disease

Diabetes occurs when a person's cells cannot absorb the sugar from their bloodstream after eating food. After eating food, sugar enters the bloodstream. When sugar rises in the bloodstream, the pancreas releases the hormone insulin to instruct body cells to absorb the sugar into cells. Diabetes happens because the body doesn't make enough insulin or is unable to use the insulin properly.

Type 1 Diabetes – this occurs when the body mistakenly attacks the pancreas and stops it from making insulin

- About 5-10% of people with diabetes have type 1 diabetes
- This form of diabetes can occur at any age, however it is usually diagnosed early in life, in:
 - Children
 - Teens and
 - Young adults
- Insulin is needed daily to deal with the condition
- There is currently no way to prevent type 1 diabetes
-

Type 2 Diabetes – typically develops over several years and is usually found in adults

- 90-95% of people diagnosed with diabetes have type 2 diabetes
- Some people with type 2 diabetes need insulin, which is generally determined by talking with a doctor or health care provider
- This form of diabetes can often be prevented by having a healthy diet and being physically active

Gestational Diabetes – occurs in pregnant women and goes away after the baby is born

- This occurs when a mother's body doesn't make enough insulin during the pregnancy.
- It is a sign that the mother could develop type 2 diabetes later
- The baby could become obese or develop type 2 diabetes
- If diagnosed, a specific treatment is planned with your doctor or health care provider

Key Facts

- 2 in 5 Americans are expected to develop type 2 diabetes in their lifetime
- 1 in 5 Americans have diabetes and don't know it
- More than 1 in 3 adults have prediabetes
- Diabetic retinopathy – which is caused by damage to small blood vessels in the back of the eye and may result in vision loss – is expected to affect 14.7 million Americans with diabetes by 2050

Health Impacts and Prevention

There is no cure for type 1 diabetes, but you can prevent type 2 diabetes and greatly improve both types of diabetes with a healthy lifestyle

- Watch your weight
- Eat healthy food
- Be physically active

We Are Here to Help

Our team of doctors, health coaches, registered dietitians and certified diabetes educators are here to support you with the tools and skills that you need to make lasting lifestyle changes.

Here are some upcoming events and educational materials that can support you on your journey towards wellness.

- Win Over Diabetes – Patient education webinar for diabetes care. [Click here to see the flyer for more information.](#)
- Project Dulce Diabetes Group Class – For patients with diabetes or pre-diabetes who can commit to attending a 4-week course. English and Spanish classes available. [Click here to see the flyer for more information.](#)
- Suga Foundation - We offer a robust approach to managing type 2 diabetes via online courses and webinars: [Click here to see the flyer for more information.](#)
- Diabetes Day December 6th Flyer: *Click to see the flyer in [English](#) or [Spanish](#) for more information.*