**Diabetes World Health Day 2016**

**What is Diabetes?**
- **Type 2 Diabetes:** 90%
  - Lifestyles related
  - Difficulty producing enough insulin or using it properly
  - Typically overweight and sedentary
- **Type 1 Diabetes:** 10%
  - Genetics
  - Typically minor changes made insulin
  - Needs insulin injections to survive
- **Gestational Diabetes:** <1%
  - Occurs during pregnancy
  - Risk of complications during delivery
  - Increased risk of type 2 diabetes

**Diabetes Breakdown**
- Over time, high blood sugar can seriously compromise every major organ system
- **Health attacks & strokes**
- **Nerve damage**
- **Heart failure**
- **Blindness**
- **Infection**

**The Burden**
- In 2014, an estimated 347 million people in the world had diabetes.

**The Prevalence Continues to Grow**
- Particularly in low and middle-income countries.

**Risk Factors**
- Family history
- Gestational diabetes
- Obesity
- Smoking
- Lack of physical activity

**In 2030, diabetes directly caused 1.5 million deaths out of 52 million and middle-income countries.**

**1 in 10 women (10–19 years) and 1 in 2 men (20–79 years) will develop diabetes by 2030.**

**Diabetes Education**
- Awareness and Understanding
- Early Detection
- Treatment and Management

**Solutions**
- **Individual:**
  - Eat a healthy diet
  - Stay active
  - Avoid tobacco use
- **Societal:**
  - Improved surveillance
  - Enhanced prevention
  - Universal access to insulin and diabetes medications
  - Increased research

**Diabetes**
- Chronic disease
- Not a disease that goes away
- Occurs when the pancreas does not produce enough insulin or the body cannot effectively use the insulin it produces.

**Insulin**
- Hormone that regulates blood sugar.
- Necessary for the energy that we need to live.
- Levels need to be balanced to avoid too much or too little in the blood.

**The WHO predicts the number of deaths from **12th** leading cause of death by 2030.