

WHAT IS DIABETES ?

Diabetes is a **CHRONIC DISEASE** that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

INSULIN, a hormone that **REGULATES BLOOD SUGAR** gives us the energy that we need to live. If it cannot get into the cells to be burned as **ENERGY** sugar builds up to harmful levels in the blood.

TYPE 2 DIABETES **90%**

Lifestyle related

Unable to produce enough insulin or use it properly

Typically overweight and sedentary

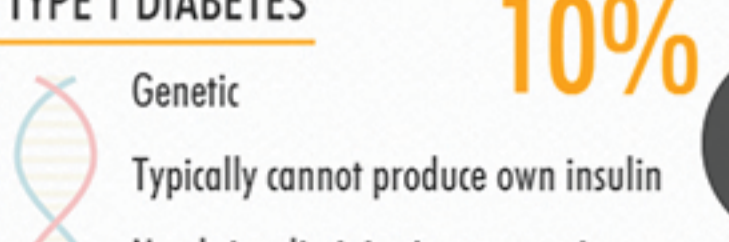


TYPE 1 DIABETES **10%**

Genetic

Typically cannot produce own insulin

Needs insulin injections to survive

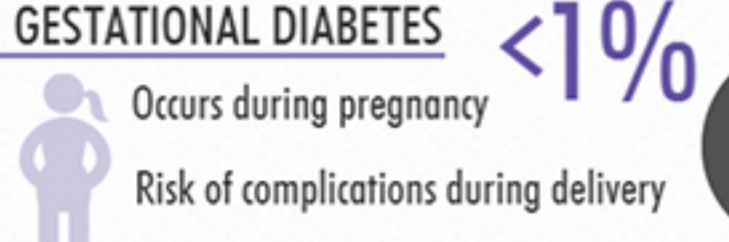
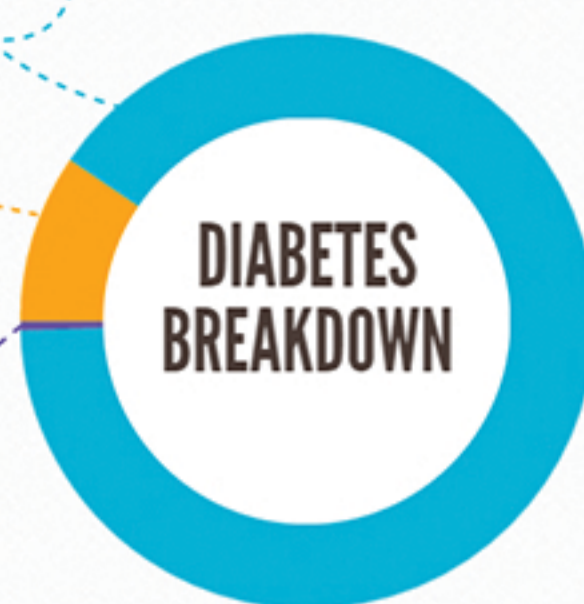


GESTATIONAL DIABETES **<1%**

Occurs during pregnancy

Risk of complications during delivery

Increased risk of Type 2 diabetes

Over time, high blood sugar can seriously **COMPROMISE EVERY MAJOR ORGAN SYSTEM**

- HEARTH ATTACKS & STROKES
- NERVE DAMAGE
- KIDNEY FAILURE
- BLINDNESS
- IMPOTENCE

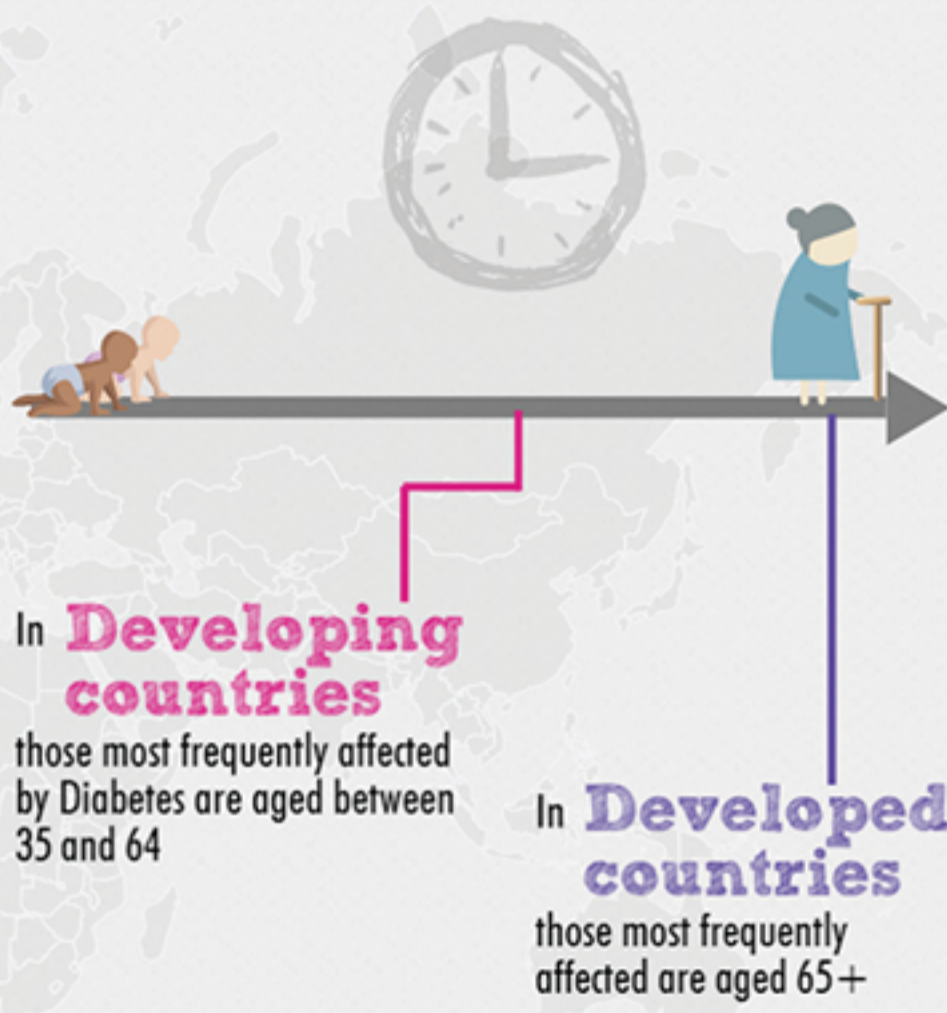
...and infections that can lead to amputations.

THE BURDEN

In 2008, an estimated **347 MILLION** people in the world had diabetes



THE PREVALENCE CONTINUES TO GROW particularly in low- and middle-income countries



In 2012, diabetes directly caused **1.5 MILLION DEATHS**

4 OUT OF 5 OCCUR IN LOW- AND MIDDLE-INCOME COUNTRIES



The WHO predicts that diabetes will be the **7th** leading cause of death by 2030



Diabetes has become one of the major causes of **PREMATURE ILLNESS** and death in most countries, mainly through increasing the risk of **cardiovascular disease**

1 in 10 adults (18+ years) around the world were affected by diabetes in 2014

RISK FACTORS for type 2 diabetes



FAMILY HISTORY



GESTATIONAL DIABETES



OVERWEIGHT /OBESITY



SMOKING

SOLUTIONS

INDIVIDUAL



MAINTAIN A HEALTHY BODY WEIGHT



EAT A HEALTHY DIET



STAY ACTIVE



AVOID TOBACCO USE



DIABETES EDUCATION

SOCIETAL



IMPROVED SURVEILLANCE



ENHANCED PREVENTION



MORE EFFECTIVE MANAGEMENT



UNIVERSAL ACCESS TO INSULIN & DIABETES MEDICATIONS



INCREASED RESEARCH