what is diabetes

Diabetes is a chronic condition caused by the body’s inability to make enough or properly use insulin.

Insulin is a hormone made by the pancreas. It acts like a key, unlocking cells so that glucose in the blood can enter and produce energy.

Without insulin, blood glucose levels rise and can over the long term cause damage to organs and body tissue.¹

type 1 diabetes

The body produces very little or no insulin. Type 1 diabetes develops most often in children or young adults.

86,000 children develop type 1 diabetes every year.²

type 2 diabetes

The body does not produce enough insulin, or cells have stopped responding to it.

90% of people with diabetes have type 2 diabetes.³

Up to 70% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles.⁴

complications

If untreated, diabetes can cause complications such as:

- heart failure
- vision loss
- kidney failure
- loss of limbs

415 million people have diabetes

2/3 of people with diabetes live in urban areas. This is expected to rise to 642 million by 2040, with 3/4 of them living in urban areas.²

symptoms of diabetes

- Thin
- Problems with vision
- Weight loss
- Tiredness
- Frequent urination
- Constant hunger

risk factors for type 2 diabetes

- family history of diabetes
- overweight
- unhealthy diet
- physical inactivity
- increasing age