

# 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.

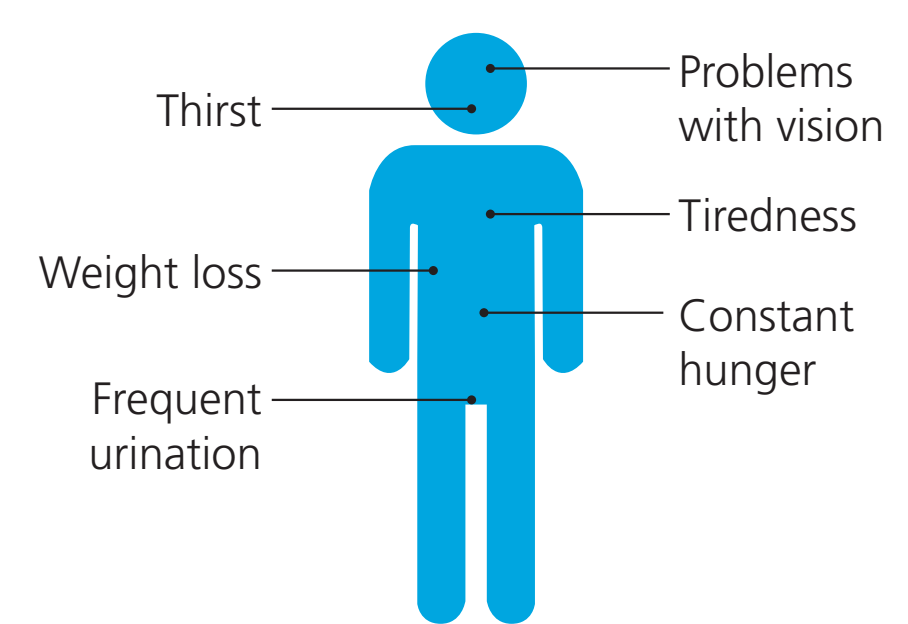
Without insulin, blood glucose levels rise and can over the long term cause damage to organs and body tissue.<sup>1</sup>

## 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.<sup>2</sup>

## symptoms of diabetes<sup>4</sup>



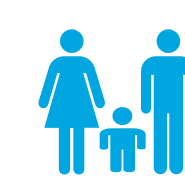
## type 2 diabetes

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

**90%** of people with diabetes have type 2 diabetes.<sup>2</sup>

**up to 70%** of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles.<sup>3</sup>

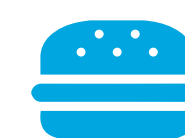
## risk factors for type 2 diabetes<sup>2</sup>



**family history of diabetes**



**overweight**



**unhealthy diet**



**physical inactivity**



**increasing age**

1. International Diabetes Federation. About diabetes. Available at [idf.org/about-diabetes](http://idf.org/about-diabetes). Accessed March 2016.
2. International Diabetes Federation. *IDF Diabetes Atlas*, 7th edn. Brussels, Belgium: International Diabetes Federation, 2015.
3. World Diabetes Day Guide 2015. Key messages. Available at [idf.org/WDD15-guide/key-messages.html](http://idf.org/WDD15-guide/key-messages.html). Accessed March 2016.
4. International Diabetes Federation. Signs and symptoms. Available at [idf.org/signs-and-symptoms-diabetes](http://idf.org/signs-and-symptoms-diabetes). Accessed March 2016.

## complications

If untreated, diabetes can cause complications such as<sup>2</sup>



**heart failure**



**vision loss**



**kidney failure**



**loss of limbs**



**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.<sup>2</sup>