

Know **Diabetes** by **Heart**™

Types of Diabetes

Type 2 (more common)

About 90-95% of cases

Your body produces insulin but does not use it well or make enough.

Treatment: balanced diet; physical activity; regular monitoring; and medication if needed.

Population: middle-aged and older adults, but can be diagnosed in younger people.

Type 1

About 5-10% of cases

Your body produces little to no insulin.

Treatment: insulin therapy; regular monitoring; a healthy lifestyle; and other interventions.

Population: younger people but can appear in adults.

Diabetes in Pregnancy

Your body is not able to make and use all the insulin it needs for pregnancy.

Treatment: a special meal plan; scheduled physical activity; regular monitoring; and may also need insulin.

Population: Usually develops in pregnant women around 24 weeks.

You're more likely to develop type 2 diabetes if you're:

- Hispanic or Latino
- Black or African American
- American Indian
- Asian (especially South Asian)
- Pacific Islander

And you're more likely to develop type 2 diabetes if you're:



in a family with a history of diabetes



diagnosed with diabetes when pregnant



not getting enough exercise



overweight or obese



45 or older

If you have diabetes, there is a lot you can do. Start with a doctor's appointment to make a plan.

You're not in this alone. Find answers to your questions and join the initiative at: <https://knowdiabetesbyheart.org/join>

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