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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