

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 MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join).