What is Diabetes?
Your body needs insulin to transform glucose into energy. Diabetes mellitus is a disease in which the body is either no longer making insulin, or the insulin that is made is not working as it should.

11.2% of adults of Michigan have type 2 diabetes. 1 out of 4 do not know they have it.

2 in 5 people will develop the disease in their lifetime.

Risk Factors
Lack of Exercise
Overweight/Obesity
Family History
Unhealthy Eating
History of Gestational Diabetes
Race/Ethnicity

Complications
People with diabetes are at higher risk of serious healthy complications:

Kidney failure
Blindness
Heart Disease
Stroke
Loss of Toes, Feet or Legs

African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Pacific Islanders are at particularly high risk for type 2 diabetes.

Manage Your Diabetes
ABCs – A1C, Blood Pressure, Cholesterol, stop Smoking
Eat Healthy
Stay Active

Prevent or Delay Type 2 Diabetes
Lose Weight
Eat Healthy
Be More Active

Sources: Centers for Diabetes Control and Prevention, International Diabetes Federation