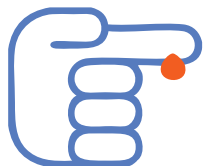


TYPE 2 DIABETES AT A GLANCE

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.

Complications

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



Kidney failure

Blindness



Heart Disease

Stroke



Loss of Toes, Feet or Legs

Risk Factors



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

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**, **B**lood Pressure
Cholesterol, **s**top Smoking



Eat Healthy



Stay Active

Prevent or Delay Type 2 Diabetes



Lose Weight



Eat Healthy



Be More Active