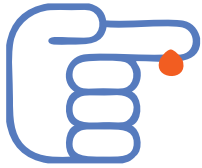


TYPE 2 DIABETES AT A GLANCE

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.

10.4%

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

1 in 3

people will develop the disease in their lifetime.

Complications

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



Kidney failure



Heart Disease



Loss of Toes, Feet or Legs



Blindness



Stroke

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 – **A**1C, **B**lood Pressure
Cholesterol, **s**top Smoking



Eat Healthy



Stay Active

Prevent or Delay Type 2 Diabetes



Lose Weight



Eat Healthy



Be More Active



National
Kidney
Foundation® of Michigan

www.nkfm.org

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