

# DIABETES

SOCIAL INFOGRAPHIC MATERIAL

## WORLD STATISTICS

**425 MILLION** PEOPLE  
have diabetes



Global prevalence rate among adults over 18 years is **8.5%** in 2014 (WHO)

**1.5 MILLION** deaths caused by diabetes

**3.7 MILLION** death due to diabetes and high blood glucose

## Main types of Diabetes

- TYPE 1 DIABETES**  
Body does not produce enough insulin
- TYPE 2 DIABETES**  
Body produce insulin but cannot use it well
- GESTATIONAL DIABETES**  
A temporary condition in pregnancy

## Consequences: Diabetes can lead to complications in many parts of the body

- Stroke
- Blindness
- Heart attack
- Kidney failure
- Amputation

## Risk factors for type 2 diabetes

Genetics, age and family history of diabetes can increase the likelihood of becoming diabetic. But some behaviours that increase risk are:

- Unhealthy diet
- Physical inactivity
- Obesity
- High Blood pressure
- Low HDL Cholesterol

## KEY ACTIONS

### FOR EVERYONE

- Be physically active
- Avoid excessive weight gain
- Check blood glucose frequently
- Follow medical advice
- Eat healthily

### GOVERNMENT should ensure

- Better Diagnosis and Treatment
- Better Data
- Healthy Environment