

WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is a chronic condition in which the body does not produce enough insulin or the cells in the body do not respond properly to the insulin that is produced. This causes blood sugar levels to rise. Type 2 diabetes is the most common form of diabetes, accounting for about 90% of all cases. It is often associated with obesity, high blood pressure, and high cholesterol. Type 2 diabetes can lead to serious complications if not managed properly, including heart disease, kidney disease, and vision loss.



WHO'S AT RISK?

Type 2 diabetes is more common in people who are overweight or obese, especially those with excess belly fat. It is also more common in people who are physically inactive. Type 2 diabetes is more common in people who have a family history of the disease. Type 2 diabetes is more common in people who have high blood pressure, high cholesterol, or prediabetes. Type 2 diabetes is more common in people who are older than 40 years old. Type 2 diabetes is more common in people who are of African American, Hispanic, or Native American descent.

WHY ARE THERE DISPARITIES IN TYPE 2 DIABETES?

There are several reasons why there are disparities in type 2 diabetes. One reason is that people of African American, Hispanic, and Native American descent are more likely to be overweight or obese. Another reason is that people of African American, Hispanic, and Native American descent are more likely to be physically inactive. A third reason is that people of African American, Hispanic, and Native American descent are more likely to have a family history of type 2 diabetes. A fourth reason is that people of African American, Hispanic, and Native American descent are more likely to have high blood pressure, high cholesterol, or prediabetes. A fifth reason is that people of African American, Hispanic, and Native American descent are more likely to live in areas with fewer resources, such as healthy food options and safe places to exercise.



Increasing exercise, even if coming from a sedentary lifestyle, can drastically lower the risk of diabetes. Improving food choices can also be effective.

