

## Diabetes Fact Sheet

Diabetes is a disease in which the body does not produce enough insulin or does not use insulin properly. Insulin is a hormone that the body uses to turn sugar into fuel or energy for the body. The cause of diabetes is unknown. However, family history, obesity, and lack of physical activity seem to play a part.

According to the American Diabetes Association, there are 20.8 million children and adults in the United States with diabetes. Only 14.6 million people have been diagnosed with this illness. The other 6.2 million are unaware that they have this disease.

The American Diabetes Association divides diabetes into four major types: Type 1, Type 2, Gestational Diabetes, and Pre-Diabetes. Type 1 Diabetes, formerly known as juvenile diabetes, is where the body produces little or no insulin. Type 2 Diabetes was formerly known as adult-onset diabetes. This is where the body fails to use insulin properly. Gestational Diabetes is a type of diabetes found in pregnant women. Having gestational diabetes puts a woman at a higher risk for Type 2 Diabetes later in life. Pre-Diabetes is when a person's blood sugar is higher than normal, but not high enough to be considered Diabetes.

For more information on risk factors, life-style changes, and more, please visit the [American Diabetes Association](#)