Diabetes Awareness

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.





Types of Diabetes:

- **Prediabetes**- A condition where blood sugar levels are higher than noraml but not high enough to be diagnosed as type 2 diabetes.
- **Type 1 Diabetes-** An autoimmune disease where the body's immune system mistakenly attacks and destroys the insulin-producing cells (beta cells) in the pancreas.
- **Type 2 Diabetes-** A chronic disease where the body becomes insulin resistant. This type of diabetes can be caused by genes or lifestyle factors.
- **Gestational Diabetes-** A type of diabetes that develops during pregnancy. It occurs when the body does not produce enough insulin or does not use insulin effectively, leading to high blood sugar levels.

Preventing diabetes:

- Maintain a healthy weight
- Engage in regular physical activity
- Follow a balanced diet
- Get enough sleep
- Manage stress
- Get regular checkups
- Quit smoking

Quick Facts:

- In 2024, American Indian/Alaska Native adults were disgnosed with diabetes **36%** more often than the total population.
- In 2021, American Indians/Alaska Natives died from diabetes **66%** more than the total population.

Warning signs/symptoms:

- Urinating often
- Feeling very hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Resources:

U.S. Department of Health and Human Services Office of Minority Health (2025) Diabetes and American Indians/Alaska Natives.
U.S. Centers for Disease Control and Prevention. (2025). Diabetes Basics.
American Diabetes Association. (2025). Diabetes Prevention.

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