



FAST FACTS ABOUT DIABETES

- **As of 2021, approximately 537 million adults are living with diabetes.** This number is projected to increase to 643 million by 2030.
- **In 2019, diabetes was the 9th leading cause of death.** An estimated 1.5 million deaths are directly caused by diabetes annually.
- **Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke, and lower limb amputation.** Especially when inadequately treated, diabetes can lead to complications in many parts of the body and increase overall risk of premature death.
- **There are two major forms of diabetes: type 1 diabetes and type 2 diabetes.** Type 1 is characterized by a lack of insulin production, while type 2 results from the body's ineffective use of insulin.
- **Symptoms of type 1 diabetes include frequent urination, thirst, constant hunger, weight loss, vision changes and fatigue.** Symptoms may occur suddenly. Symptoms for type 2 diabetes are generally similar to those of type 1 diabetes but often less marked. As a result, type 2 diabetes may be diagnosed several years after onset when complications arise.
- **More than 95% of diabetics have type 2 diabetes.** Until recently, type 2 diabetes was seen only in adults but is now also increasingly occurring in children.
- **Certain inherent and modifiable factors can increase your risk of developing type 2 diabetes,** including:
 - Being overweight
 - Being 45+ years of age
 - Having a parent or sibling with diabetes
 - Being sedentary
 - Having had gestational diabetes
 - Being diagnosed with prediabetes
 - Having a combination of high blood pressure, high cholesterol, and/or high triglycerides
- **Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes,** including:
 - Maintaining a healthy body weight
 - Staying physically active (at least 30 minutes of moderate-intensity activity on most days)
 - Eating a healthy diet low in sugar and saturated fats
 - Avoiding or stopping tobacco use
- **People with diabetes can live long and healthy lives when their diabetes is detected and well managed.** Early diagnosis and intervention are the starting point for living well with diabetes. The longer a person lives with undiagnosed and untreated diabetes, the worse their health outcomes are likely to be. A simple blood test can quickly confirm a diagnosis of diabetes.

Sources: Healthline ([healthline.com](https://www.healthline.com)), World Health Organization ([who.int](https://www.who.int))