

## **What You Need to Know About Diabetes**

Diabetes: a long-lasting (chronic) disease that affects how your body turns food into energy.

Your body either doesn't make enough insulin OR can't efficiently use the insulin it makes.

There are three types of diabetes: type 1, type 2, gestational. 90 to 95 percent of people have type 2.

Diabetes can cause serious health problems, including heart disease, vision loss, kidney disease.

Managing diabetes can help avoid or delay health complications.

To manage your diabetes: meet blood sugar goals, eat healthy, get regular physical activity, take medicines if needed, get regular checkups, meet blood pressure goals, meet cholesterol goals.

How can I prevent or delay Type 2 diabetes? Eat healthy, be physically active, lose weight (if overweight).

Learn more about diabetes. Visit [cdc.gov/diabetes](https://www.cdc.gov/diabetes)