

DIABETES

What is diabetes?

Diabetes is characterized by high levels of blood glucose. The two most common types of Diabetes are Type 1 and Type 2.

- Type 1 diabetes develops when the body's immune system destroys the cells in the body that make insulin that regulates blood glucose.
- Type 2 diabetes is the most common form. It usually begins as insulin resistance, when cells do not use insulin properly and the pancreas gradually loses its ability to produce insulin. Type 2 can be prevented or delayed by making lifestyle changes like losing weight.
- Gestational diabetes is glucose intolerance diagnosed in some women during pregnancy. If it develops, mother and child have an increased lifetime risk of getting Type 2 diabetes.
- Prediabetes refers to people who are at increased risk of developing diabetes.



AZ Fast Fact

1 of every 9 people in Arizona has diabetes.¹

Who has diabetes in Arizona?

African-American, Hispanics, American Indians and Asian-Americans are about twice as likely to have Type 2 diabetes than Whites.

What are the signs and symptoms of diabetes?

Many people with diabetes notice no symptoms. Symptoms can include:

- Increased thirst
- Increased hunger
- Fatigue
- Weight loss
- Increased urination, especially at night
- Blurred vision
- Sores that do not heal

• An estimated 1 in every 9 people in Arizona have diabetes, however one-third of those who have diabetes are unaware they have it ²

- In 2008, 9,883 hospitalizations in Arizona were due to diabetes. That is 27 hospitalizations each day in Arizona due to diabetes.³

What are the risk factors for diabetes?

Anyone can get diabetes, but some people are at higher risk.

Risk factors include:

- Family history
- Being overweight
- Lack of physical activity
- Pregnancy (Gestational Diabetes)

What can I do about it?

Diabetes can be associated with serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. Managing diabetes may not be easy, but it is worth it. Learn about diabetes and talk to your health care provider about how to manage diabetes. Know your numbers for blood sugar (A1C), blood pressure and cholesterol. Be physically active each day. Small steps can make a difference to improve the quality and length of life.

What is Arizona doing?

Arizona participates in several programs that work to help control diabetes including:

- **Arizona Diabetes Program: azdiabetes.gov**
This program, part of the ADHS Bureau of Tobacco and Chronic Disease, works to prevent diabetes, developing Arizona's capacity to reduce the incidence and severity of diabetes and related complications. The program also coordinates educational opportunities and coordinates approaches to the provision of diabetes care and services throughout Arizona.
- **ADHS Bureau of Nutrition and Physical Activity Program: eatsmartgetactive.org**
This program helps prevent and control chronic health problems with programs that help people be physically active and stay at a healthy weight, which can help lower the risk of diabetes.

Further information and resources

Arizona Diabetes Coalition
azdiabetes.org

A collaboration of health care professionals, managed care organizations, community stakeholders, civic leaders and media representatives working to improve the care of persons with diabetes.

American Diabetes Association
diabetes.org

A national non-profit organization that leads the fight against the deadly consequences of diabetes and works to improve the lives of those affected by diabetes.

National Diabetes Education Program
yourdiabetesinfo.org

A source for credible health information for people with and at risk for diabetes.

Arizona Health Matters
arizonahealthmatters.org

An interactive website that provides information about community health, including diabetes indicators by county and zip code.



Bureau of Tobacco and Chronic Disease
www.tobaccofreearizona.com