



## Risk Factors

**Type I:** not preventable

- **Genetics**
- **Environment**

**Type II:** preventable

- **Age**
- **Race/ethnicity**  
Type II diabetes is most often diagnosed in Blacks, Hispanics, Native Americans and Asians.
- **Poor diet**
- **Obesity/physical inactivity**  
21% of obese adolescents ages 11 to 18 are at risk for type II diabetes.

**Increases the risk of:**

- **Heart disease**
- **High blood pressure**
- **Stroke**
- **Eye disease**  
Diabetics have a high risk of glaucoma, cataracts, and diabetic retinopathy.
- **Periodontal Disease**  
Those with diabetes are twice as likely to have gum disease than those without.
- **Kidney disease**
- **Lower extremity conditions**  
-60-70% of people with diabetes have some form of muscle pain, loss of control of muscles, or spasms.  
-More than 60% of lower limb amputations not due to trauma are among people with diabetes.
- **Infections**
- **Pregnancy complications**

Introduction to

# Diabetes

Diabetes is a disease that occurs when the body has very high blood sugar levels. This happens because either the body does not produce **insulin** (a hormone that controls sugar levels) correctly, or insulin in the body is not working properly.

**Type I** diabetes occurs when the body does not make insulin and is usually diagnosed in children.

**Type II** diabetes occurs when insulin and the body do not interact properly and can be found in people of all ages.

**Gestational** diabetes may occur during pregnancy and 5-10% of women with gestational diabetes remain type II diabetics. Overall, gestational diabetics have 20-50% chance of developing type II diabetes in the next 5-10 years.

**Prediabetes** means there is a high risk of developing diabetes but this condition can be stopped with preventative measures such as weight management.

## Facts

- The number of new diabetes cases increases every year for men, women and children of all ethnicities.
- The average age of diabetes diagnosis is decreasing as a result of the increasing number of adolescents developing the disease.
- The average cost for medical services is 2.3 times more for diabetics than nondiabetics.



For more information and data, go to [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

Community Health Statistics Unit:  
619-285-6479

## Prevent Complications

- **Control blood sugar**  
-Plan meals carefully  
-Monitor blood glucose frequently
- **Control your blood pressure and cholesterol/lipids**  
-Take medications prescribed by your doctor  
-Manage stress  
-Eat a healthful diet and exercise at least 2 hours and 30 minutes a week.
- **Maintain healthy weight**
- **Don't smoke**  
Diabetics who smoke are three times more likely to die of heart disease than are diabetics who do not smoke.
- **See your doctor regularly**
- **Take care of your feet**  
Diabetes can damage nerves and blood vessels making it harder to feel injuries and infections.
- **Get regular dental exams**
- **Get a yearly eye exam**
- **Get an annual influenza vaccination**  
Diabetes can effect the immune system, slow healing and lead to flu

## Resources

**San Diego Diabetes Coalition**  
[diabetes-sandiego.org](http://diabetes-sandiego.org)

**CDC Diabetes Public Health Resource**  
[www.cdc.gov/Diabetes/](http://www.cdc.gov/Diabetes/)



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