What is Diabetes?

Diabetes is a condition where sugar (glucose) cannot enter cells. This makes sugar stay in the blood, where your body can’t turn it into energy.

Types of Diabetes

- **Type 1**
  - The body does not make the hormone insulin. Your body needs insulin to break down sugar and turn it into energy.
  
  - Type 1 diabetes is usually diagnosed in children and young adults, but it lasts a lifetime.
  
  - Type 1 diabetes can’t be prevented. Early diagnosis is important for managing the disease and staying healthy.

- **Type 2**
  - Type 2 diabetes is most common in adults 45 years or older, who are overweight, or have a family history of diabetes.
  
  - Body fat affects the way insulin works, and the body cannot break down sugar. Blood sugar levels stay high and start to harm your organs.

- **Prediabetes**
  - A condition where sugar levels are high, but not high enough to be considered diabetes.
  
  - People with prediabetes can go back to normal sugar levels by exercising and eating healthy foods.
Diabetes Symptoms

Diabetes symptoms include:

- **Overly Tired**
- **Frequent Urination**
- **Slow Wound Healing**
- **Overly Thirsty**
- **Blurry Vision**
- **Overly Hungry**

Checking for Diabetes

- **Find out if you are at risk.** Visit flhealth.gov/diabetes and take a quick quiz.

- **If you are at risk for type 2 diabetes,** ask your doctor for a test.

- **If your doctor says you have prediabetes, take the diabetes prevention program.** Find a program near you at https://nccd.cdc.gov/DDT_DPRP/CitiesList.aspx?STATE=FL

- **If you have type 2 diabetes, take a recognized diabetes self-management education class.** Find a program near you at flhealth.gov/diabetes/type-2/dsme.html

Prevention Checklist

Healthy habits help prevent diabetes

**Make Healthy Food Choices:**
- Speak with your doctor to make a healthy meal plan
- Avoid foods that are high in calories, fat, sugar, and salt
- Eat foods that are high in fiber
- Eat foods such as grains, fruits, and vegetables

**Be Active:**
- Get at least 150 minutes of physical activity each week (e.g., 30 minutes x 5 days/week)

**Avoid Stress:** stress can raise your blood sugar
- Find ways to lower stress, such as listening to music, relaxing, and gardening

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