

Types of Diabetes



Type 2 (more common)

About 90-95% of cases

The body produces insulin but does not use it well or make enough.

Treatment: balanced diet; physical activity; regular monitoring; and medication if needed.

Population: middle-aged and older adults but can be diagnosed in younger people.

Type 1

About 5-10% of cases

The body produces little to no insulin.

Treatment: insulin therapy; regular monitoring; a healthy lifestyle; and other interventions.

Population: younger people but can appear in adults.

Diabetes in Pregnancy

Also known as gestational diabetes, when the body cannot to make and use all the insulin it needs for pregnancy.

Treatment: a special meal plan; scheduled physical activity; regular monitoring; and may also need insulin.

Population: Usually develops in pregnant women around 24 weeks.

Development of type 2 diabetes is higher among individuals who are:

- Hispanic or Latino
- Black or African American
- American Indian
- Asian (especially South Asian)
- Pacific Islander

Type 2 diabetes is also more likely to develop in individuals who are:



in a family with a history of diabetes



diagnosed with diabetes when pregnant



not getting enough exercise



overweight



45 or older

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR HEART DISEASE AND STROKE.

Talk to your doctor about your next steps. You're not in this alone. For more information please visit www.heart.org/diabetes.