

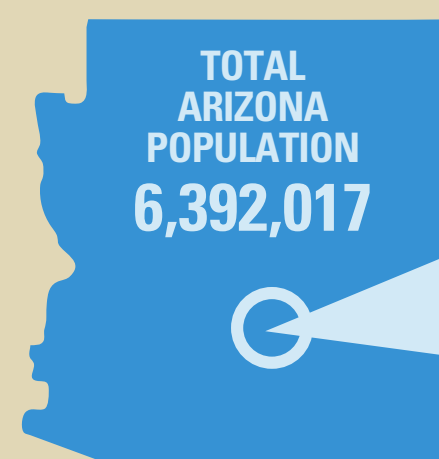


DIABETES

Diabetes affects how the body produces insulin, how the insulin works, or both. Insulin helps your body store and convert sugars and fats from the food you eat into usable energy. Diabetes is a preventable and manageable chronic disease.

ALMOST 600,000 PEOPLE IN ARIZONA HAVE DIABETES.

THAT IS MORE THAN THE ENTIRE POPULATION OF TEMPE, GLENDALE AND SCOTTSDALE COMBINED.



TYPES OF DIABETES

TYPE

1 Diabetes can develop at any age when the body doesn't make enough insulin. There is no known way to prevent it.

TYPE

2 This develops when the body cannot produce insulin properly. 1 out of 3 people will develop Diabetes in their lifetime. It is the most common form of Diabetes.

GESTATIONAL DIABETES

This form is first detected during pregnancy and occurs 3 to 8% of the time. It is most common in African American women.

WAYS TO PREVENT & LIVE WITH TYPE 2 DIABETES



HEALTHY WEIGHT

Work with a health professional to determine a healthy weight for your lifestyle. Lose weight if your body mass index (BMI) is higher than 25.



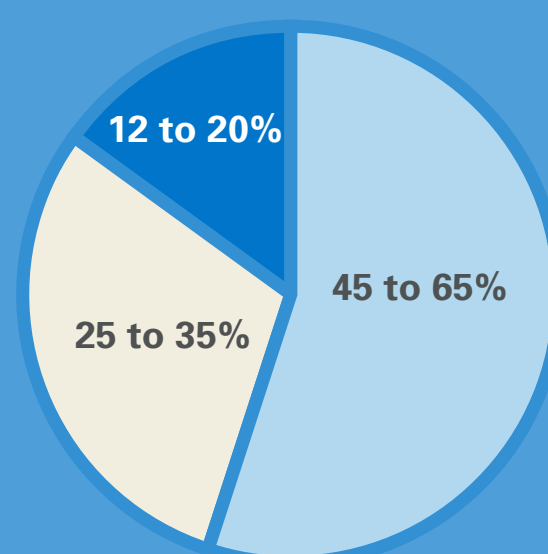
EAT HEALTHY

Limiting calorie intake from 1,200 to 1,800 can help prevent type 2 diabetes and combat some of the symptoms.



BE ACTIVE

Exercising for 125 minutes can help maintain healthy weight as well as curb some of the symptoms of already-existing diabetes.



- CARBOHYDRATES**
45 to 65% of daily calories. The types of carbs are important. Should get most of your daily carbohydrates from fruits, vegetables, beans and whole grains.
- FATS**
25 to 35% of daily calories.
- PROTEIN**
12 to 20% of daily calories.

Prevention and Management recommendations came from Centers for Disease Control and Prevention, A Snapshot, Diabetes in the United States. Available at: <http://www.cdc.gov/diabetes/pubs/statsreport14/diabetes-infographic.pdf>

CAUSES OF DIABETES



DID YOU KNOW? OBESITY

Obesity and lack of physical activity are two of the most common causes of type 2 diabetes.



DID YOU KNOW? FAMILY HISTORY

If one child in a family has type 1 diabetes, their siblings have about a 1 in 10 risk of developing it by age 50.

Risk factor data came from Centers for Disease Control and Prevention, A Snapshot, Diabetes in the United States. Available at: <http://www.cdc.gov/diabetes/pubs/statsreport14/diabetes-infographic.pdf>

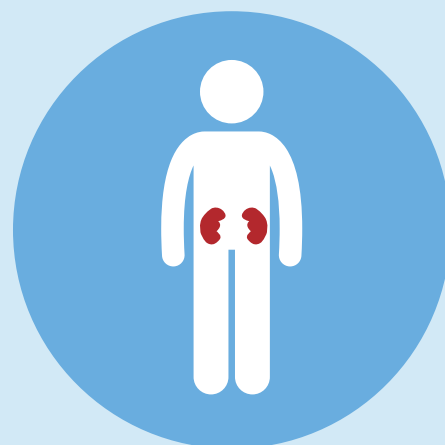
HEALTH PROBLEMS

RELATED TO DIABETES

BLINDNESS



KIDNEY FAILURE



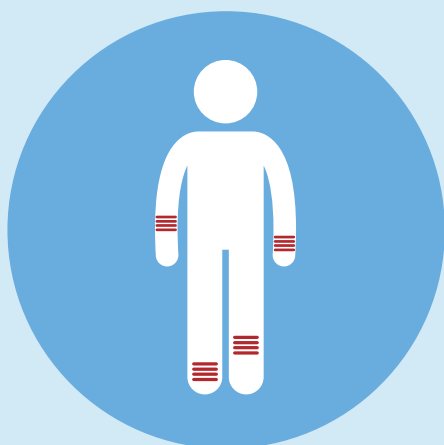
HEART DISEASE



STROKE



LOSS OF LIMBS



Health complication data came from Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014. Pg. 6. Available at: <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>



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