

## Types of Diabetes

## What is it?

## Who gets it?

### Type 2 Diabetes



This is the **most common type** of diabetes. The body produces some insulin, but not enough.

This type of diabetes used to be seen only in adults but it is now also occurring increasingly in children and adolescents. It is seen in those with a family history of diabetes, excess body weight, lack of physical activity, and as people grow older.

### Gestational Diabetes



Diabetes which occurs among women during pregnancy.

Has a risk of complications during pregnancy and delivery. The children of women with Gestational Diabetes are at an increased risk of type 2 diabetes in the future.

In this section, we will only discuss about Type 2 Diabetes as it is the most common.

## Risk Factors for Type 2 Diabetes

- Family history of diabetes.
- It occurs most frequently in adults, but is seen increasingly in adolescents as well.
- Being overweight.
- Unhealthy eating habits.
- Lack of physical activity.
- High blood pressure.
- High levels of harmful blood fats.
- Addictions like tobacco use, drug and harmful use of alcohol.
- If the woman during pregnancy had diabetes or even mild elevation of blood sugar level during pregnancy.