**Pima Indians** are a group of Native Americans living in central and southern Arizona.

**Diabetes** is a chronic disease that occurs when the **pancreas** is no longer able to make **insulin**, or when the body cannot entirely utilize the insulin that is produced.

**Insulin** is a hormone made by the pancreas. It enables glucose from the food we eat to pass from the blood stream into the cells in the body.

**Type 1 diabetes** can develop at any age, but occurs more frequently in children and adolescents. With Type 1 diabetes, the body produces very little or no insulin, which means that daily insulin injections are needed to keep blood glucose levels in check.

**Type 2 diabetes** is more common in adults and accounts for around 90% of all diabetes cases. With type 2 diabetes, the body does not make good use of the insulin it produces. Treatment is a healthy lifestyle, including increased physical activity and a healthy diet. People with type 2 diabetes may oral drugs and/or insulin to keep their blood glucose levels under control.

**Gestational diabetes (GDM)** is a type of diabetes that consists of high blood glucose during pregnancy. It usually disappears after pregnancy but women affected and their children are at increased risk of developing type 2 diabetes later in life.

Source: International Diabetes Federation www.idf.org