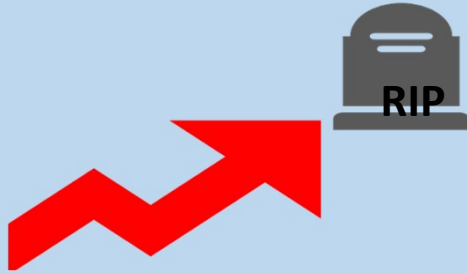


Dangers of Diabetes

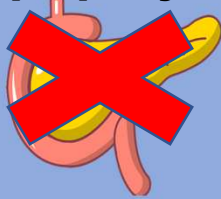
Between 2000 and 2016, premature death from diabetes increased by 5%



In 2019, diabetes was the direct cause of 1.5 million deaths

Cause and Effect

Diabetes happens when the body can't make or use insulin properly.



Insulin is made in the pancreas and regulates sugar levels in the blood.

Diabetes is the cause of 2.6% of global blindness.



Adults with diabetes are at 2-3x higher risk heart attacks and strokes

Decreased blood flow causes nerve damage in the feet, which increases the chance of limb amputation.

Prevention



30 minutes

Of vigorous exercise everyday helps stay in shape.

A HEALTHY diet without sugars, saturated fats and bad habits like smoking



Sources:

Information: <https://www.who.int/news-room/fact-sheets/detail/diabetes>

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