

What is Diabetes?

During digestion, your food is broken down into sugars in the blood.

Insulin, a hormone produced by the body, transports that sugar to your cells to be used as energy.



In people with type 2 diabetes, **insulin does not function properly.**

As a result, sugar cannot be transported to your cells to be used as energy.

The sugar remains in the blood and causes **high blood sugar**. High blood sugar can lead to long-term **health complications** such as:

Heart & Kidney Problems
Blindness
Stroke
Loss of Limb
Death

Are You at Risk for Diabetes?



- Are you overweight?
- Do you get little or no exercise?
- Do you have high blood pressure (130/80 or higher)?
- Did you have diabetes when you were pregnant OR have you had a baby who weighed more than 9 pounds at birth?

