

Physical inactivity  
Increasing age  
High blood pressure  
Impaired glucose tolerance  
History of gestational diabetes  
Poor nutrition during pregnancy

### Is diabetes serious?

If left untreated or improperly managed, diabetes can result in a variety of complications, including:

Heart disease  
Kidney disease  
Eye disease  
Problems with erection (impotence)  
Nerve damage

### How can I prevent diabetes?

Diabetes can be prevented by adopting healthy lifestyles through healthy eating and physical activity. Eat more natural foods and be physically active for at least 30 minutes every day, and sit less. The first step in preventing or delaying the onset of these complications is recognizing the risk factors, as well as signs and symptoms of diabetes

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# DIABETES

## Diabetes Prevention through Schools' Programme



## Introduction

The epidemic of diabetes is one of the most challenging health problems in the 21st century. Globally, the impact of the major non-communicable diseases (diabetes, cardiovascular disease, cancer, chronic respiratory diseases and mental disorders) is alarming. These NCDs share the same risk factors.

## Diabetes facts:

- Diabetes kills more people than HIV/AIDS, TB, and Malaria combined. International Diabetes Federation estimates that in 2015 five million people died from causes associated with having diabetes.
- 425 million people have diabetes and the number is expected to grow to 642 million by 2040.
- 318 million people are pre-diabetic
- Diabetes is the fourth leading cause of global death by disease.
- Every 7 seconds a person dies from diabetes and related conditions in the world.

## What is diabetes?

Diabetes is a health condition that occurs when the amount of glucose (sugar) in the blood is too high because the body can't use it properly. If left untreated, high blood glucose levels can cause serious health complications.

## What are the symptoms of diabetes?

Sometimes symptoms of diabetes are difficult to recognize. It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms. Signs and symptoms of diabetes type 2 include the following:

- Unusual extreme thirst
- Frequent urination
- Unexplained weight loss
- Excessive hunger

- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection





## Types of diabetes

There are three most prevalent forms of diabetes i.e. Type 1, Type 2 and Gestational diabetes.

In **Type 1 diabetes**, the body's immune system attacks the cells that produce insulin. As a result, the pancreas produces little or no insulin. People with Type 1 diabetes must take insulin daily in order to survive, and there is no known way of preventing the onset of the disease.

In **Type 2 diabetes**, the pancreas doesn't produce enough insulin or the body's cells don't use insulin properly. As glucose builds up in the bloodstream and the body's need for insulin increases, insulin production decreases. Although Type 2 is linked to such factors as inactivity, obesity and older age, it is increasingly being diagnosed in children and adolescents.

**Diabetes develops when glucose can't enter the body's cells to be used as fuel. This happens because either:**

In the case of Type 1 diabetes, there is no key (insulin) to unlock the door to the cells		Or, in the case of Type 2 diabetes, the key (insulin) is unable to unlock the door properly	
		<b>and/or</b>	
		the key (insulin) is there but the lock doesn't work properly	

A third type of diabetes, **gestational diabetes**, is a temporary condition that occurs during pregnancy. It affects approximately 2 to 4 per cent of all pregnancies and involves an increased risk of developing diabetes for both mother and child.



Another condition related to diabetes is **pre-diabetes**. A person with pre-diabetes has higher than normal blood glucose levels, but those levels aren't high enough to be in the diabetes range. This condition is linked to a higher risk of developing Type 2 diabetes, heart disease and stroke.

## What causes diabetes?

Diabetes happens when one of the following occurs:  
When the pancreas does not produce any insulin.  
When the pancreas produces very little insulin.  
When the body does not respond appropriately to insulin produced, a condition called "**insulin resistance**".  
The above conditions will be caused by the following risk factors:

- Family history of diabetes
- Overweight
- Unhealthy diet

