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

DIABETES

Diabetes Prevention through Schools' Programme

Contact us:

Mbarara Center for Sports and Health Promotion P.O.Box 958 Mbarara Plot 139/142 Buremba Road, Kakoba Website: www.mbcshep.org Email: uganda4mcshep@gmail.com
Tel: (+256)703007374, +256753428447







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:

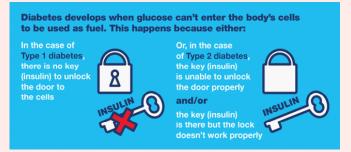
Unusual extreme thirst Frequent urination Unexplained weight loss Excessive hunger Extreme fatigue or lack of energy
Blurred vision
Frequent or recurring infections
Cuts and bruises that are slow to heal
Tingling or numbness in the hands or feet
Trouble getting or maintaining an erection

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.



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