

# TYPE 2 DIABETES

## Diabetes prevention through Schools' Programme



## What is type 2 diabetes?

Diabetes is a condition in which the body is unable to produce or use its insulin to move sugar out of the blood and into the body cells. People with type 2 diabetes have too much sugar in their blood. This can cause serious health problems.

## Did you know?

1 out of 2 people don't know they have diabetes

## Lifestyle risk factors:

- Overweight or obesity
- Not participating in regular physical activity
- Unhealthy eating habits
- High blood pressure
- Family history i.e. if one of your parents has or died of diabetes

Diabetes can lead to health problems. This is because it damages blood vessels and this can lead to:

**Stroke**

**Blindness**

**Heart attack**

**Kidney failure**

**Amputations**

## Contact us:

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