

TYPE 2 DIABETES

What is Type 2 Diabetes?

Your body's blood sugar, also known as blood glucose, is managed by a hormone called insulin. Type 2 Diabetes occurs when blood sugar is too high and your body can longer produce enough insulin to help keep blood sugar levels normal.



You're More Likely to Develop Type 2 Diabetes if:



You're overweight.



You're African American, Hispanic, or American Indian.



You're a girl.



Your parent has Type 2 Diabetes.



Lower Your Risk

Get Some Physical Activity!



Reduce Stress!



Eat Healthy!

