

World Diabetes Day 14th November

World Diabetes Day arrives on the 14th November each year – an annual reminder of one of the most significant health challenges of our generation..

Diabetes statistics (Dec 2015):

- ◆ 4 million people in the UK have diabetes – 1 million more have undiagnosed diabetes
- ◆ 90% of cases are type-2 diabetes, which are associated with living a **sedentary lifestyle and being overweight**
- ◆ Globally, diabetes attributes for 14.5% of all global mortality in the 20-79 age group – 47% of deaths occur in those under 60 years of age
- ◆ Diabetes is the leading cause of preventable sight loss in people of working age in the UK
- ◆ Diabetes can lead to the loss of limbs
- ◆ Diabetes attributes for 14.5% of all global mortality in the 20-79 age group – 47% of deaths occur in those under 60 years of age



www.diabetes.co.uk

There are two main types of diabetes:

- ◆ type 1 diabetes – where the body's immune system attacks and destroys the cells that produce insulin
- ◆ type 2 diabetes – where the body doesn't produce enough insulin, or the body's cells don't react to insulin

Type 2 diabetes is far more common than type 1. In the UK, around 90% of all adults with diabetes have type 2. During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all. This is known as gestational diabetes.

[Symptoms of type 2 diabetes](#)

Pre-diabetes

Many more people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is sometimes known as pre-diabetes. If your blood sugar level is above the normal range, your risk of developing full-blown diabetes is increased.

It's very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated.

[When to see a doctor](#)

Causes of diabetes

The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach). When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy. However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin produced doesn't work properly.



Although there are no lifestyle changes you can make to lower your risk of type 1 diabetes, type 2 diabetes is often linked to being overweight.

[BMI health weight calculator](#)

[Link - Leaflet.](#)
Copies can be obtained from the Safety Team

[Read about how to reduce your diabetes risk](#)

[A Diabetes Care Study published in 2015 by a team from Newcastle University concluded that it is fat around, or in, the pancreas that disrupts the production of insulin - LINK](#)