

Diabetes



What is it?

Blood glucose levels above normal

Sugar builds up in blood

Numbness in extremities, very dry skin, more infections than usual, sores

Stage	Test	
	Fasting plasma glucose (FPG)	2-hour Oral Glucose Tolerance Test
Diabetes	≥126 mg/dl	≥200 mg/dl
Pre-Diabetes	≥100 and <126 mg/dl	≥140 and <200 mg/dl
Normal	<100 mg/dl	<140 mg/dl

Risk Factors / Triggers

Type 2 Diabetes

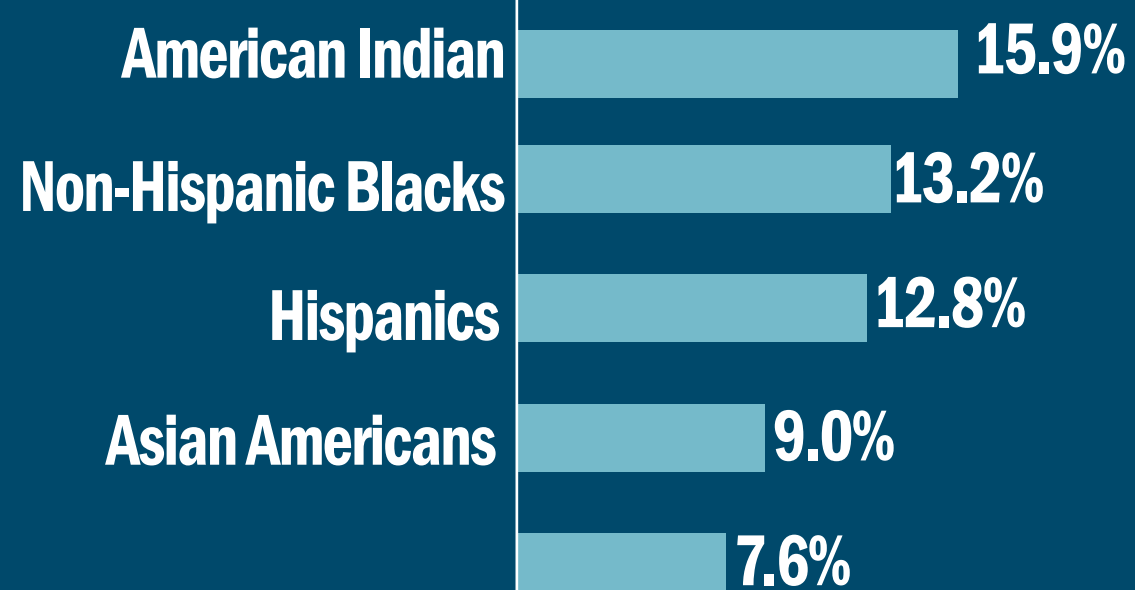
Older age Race/ethnicity
 Obesity African Americans, Hispanic/Latino Americans,
 Family history American Indians, and some Asian Americans
 Impaired glucose tolerance are at greater risk for type 2 diabetes.
 Physical inactivity

Type 1 Diabetes

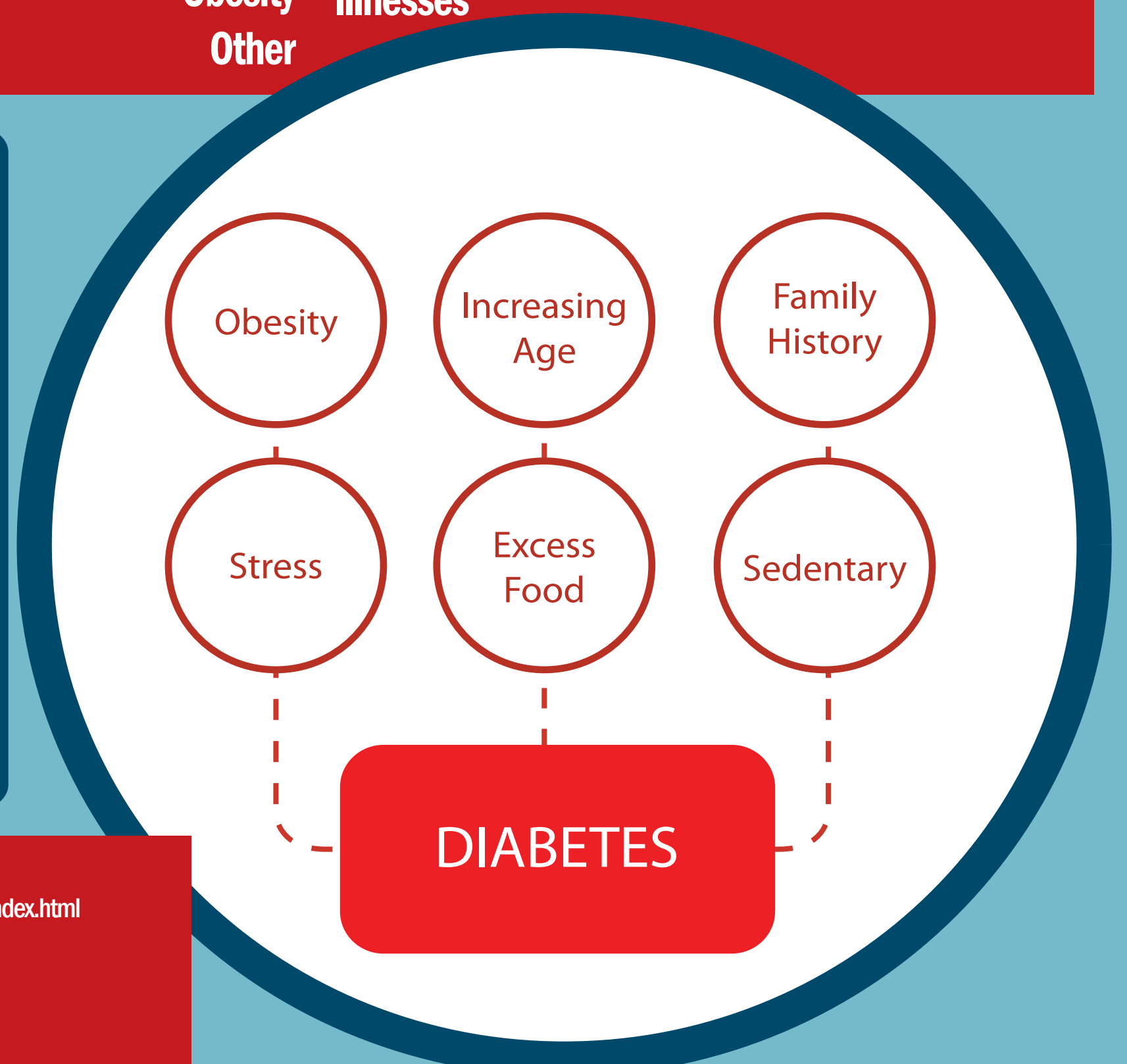
Autoimmune Genetic syndromes
 Genetic Surgery
 Environmental factors Drugs
 Gestational diabetes Malnutrition
 Race/Ethnicity Infections
 Obesity Illnesses
 Other

Prevention

Healthy Eating
 Physical Activity
 Insulin Injections
 Blood Glucose Testing
 Routine Doctor visits
 Early recognition of signs and symptoms



Rates of diagnosed diabetes



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SOURCES

<http://www.cdc.gov/diabetes/home/index.html>