



SMALL DECISIONS MATTER

Diabetes Affects Latino People More

According to the CDC, over their lifetime, US adults overall have a 40% chance of developing type 2 diabetes. But if you're a Latino adult, your chance is more than 50%, and you're likely to develop it at a younger age. Diabetes complications also hit harder: Latino people have higher rates of kidney failure caused by diabetes as well as diabetes-related vision loss and blindness.



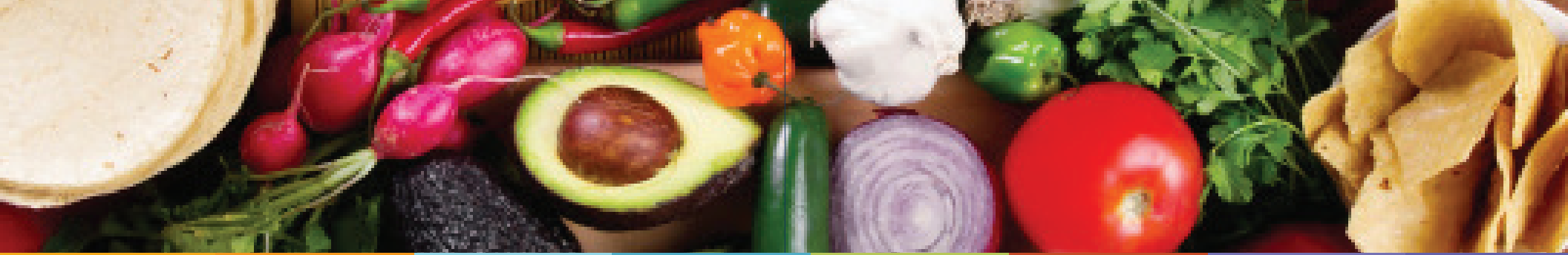
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SIMPLE STEPS TO PREVENTING DIABETES

When it comes to preventing or managing diabetes, small decisions matter. Think home cooking instead of fast food or choosing water over soda. Go visit friends and family or be active. Healthy food and activity can make a big difference over time!





TYPES OF DIABETES AND SYMPTOMS

Diabetes is a chronic disease that affects how your body turns food into energy. Food is broken down into sugar, also known as glucose, and is released into your bloodstream. Your pancreas makes a hormone called insulin, which is essential to delivering blood sugar into your body to use as energy.

With diabetes, your body doesn't make enough insulin or can't use the insulin it makes. When that happens, too much blood sugar stays in your bloodstream. This can cause serious health problems over time, such as heart disease, vision loss, kidney disease, and blood circulation issues.

PREDIABETES

Prediabetes is when your blood sugar is high but not high enough to be considered type 2 diabetes. Prediabetes can lead to type 2 diabetes if left untreated. The good news is prediabetes is reversible! See where you stand. Take the Centers for Disease Control online test for prediabetes at: [cdc.gov/prediabetes/takethetest](https://www.cdc.gov/prediabetes/takethetest). There is also a Spanish version of the test; [evaluación del riesgo de padecer prediabetes PodriaTenerPrediabetes.org](https://www.podriaTenerPrediabetes.org).

TYPE 1 DIABETES

Type 1 diabetes is caused by an autoimmune reaction where your body actually attacks itself and prevents you from making insulin. About five percent of the people who experience diabetes have type 1.

TYPE 2 DIABETES

The most common type of diabetes is type 2. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. Because it typically develops over time, type 2 is usually diagnosed in adults, though today, it's also experienced by children, teens, and young adults.

Type 2 diabetes often has no symptoms, or the symptoms might go unnoticed. It's important to talk to your doctor right away if you have symptoms, such as:

- Urinating often
- Feeling very thirsty
- Feeling very hungry even though you are eating
- Extreme fatigue, especially after eating
- Blurry vision
- Cuts or bruises that are slow to heal

Visit health.state.mn.us/diseases/diabetes for more information.