

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

DIABETES

Type 2 Diabetes

Also called Insulin Resistance

Type 2 diabetes is the most common form of diabetes.

In type 2 diabetes, your body does not use insulin properly.

This is called insulin resistance. At first, the

pancreas makes extra insulin to make up for it. But, over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 is treated with lifestyle changes, oral medications (pills), and insulin.

When glucose builds up in the blood instead of going into cells, it can cause two problems:

- Right away, your cells may be starved for energy.
- Over time, high blood glucose levels may hurt your eyes, kidneys,

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nerves or heart.

Some people

with type 2 can control their blood glucose with healthy eating and being active. But, your doctor may need to also prescribe oral medications or insulin to help you meet your target blood glucose levels. Type 2 usually gets worse over time – even if you don't need medications at first, you may need to later on. It is important to check your blood sugar daily.

Banana and Peanut Butter 4-Ingredient "ice cream"

- **2 slightly overripe bananas, cut up into chunks**
- **1 tsp. confectioners' sugar (optional)**
- **½ tsp. milk**
- **2 drops vanilla extract**
- **1 tsp. peanut butter or more to taste**

- 1. Arrange banana chunks on a plate; freeze until solid (about 2 hours)**
- 2. Blend frozen bananas, confectioners' sugar, milk and vanilla together in a blender until smooth and creamy. Add peanut butter and blend until smooth. Serve immediately.**

Servings: 2

Calories per serving 129, Fat 1.8g, Cholesterol <1mg, Sodium 14mg, Total Carbohydrate 28.9g, Fiber 3.2g, Protein 2g



Prevalence & Risk Factors

Type 2 diabetes is a common and increasingly prevalent illness that is largely preventable. In adults, type 2 diabetes accounts for about 90 to 95 percent of all diagnosed cases of diabetes; the remainder are adult-onset (or adult-diagnosed) type 1 diabetes, a form of diabetes for which the cause is unknown.

- 29.1 million People in the United States have diabetes, 8.1 million of whom may be undiagnosed and unaware of their condition.
- In adults 20 and older, more than one in every 10 people suffers from diabetes, and in seniors (65 and older), that figure rises to more than one in four.
- 1.7 million new cases of diabetes were diagnosed in U.S. adults in 2012, and the prevalence of type 2 diabetes is on the rise.

Many of the risk factors for type 2 diabetes include lifestyle decisions and can be

eliminated or reduced with time and effort. Cases of diagnosed diabetes cost the United States an estimated \$245 billion in 2012, a figure that is expected to rise with the increasing number of diagnosed individuals.

- Men are at slightly higher risk of developing diabetes than women, but age, excess weight (particularly around the waist), family history, physical inactivity, and poor diet are also significant risk factors for the illness.
- 9.2 percent of pregnancies may be affected by gestational diabetes, up to 10 percent of which result in a diagnosis of type 2 diabetes in the mother immediately following the pregnancy.
- Women who develop gestational diabetes during pregnancy have a 35 to 60 percent chance of developing type 2 diabetes within 10 to 20 years following the pregnancy.
- If either parent suffers from type 2 diabetes, a child's risk of developing the disease is almost 15 percent. If both parents have the condition,

the risk of developing it is 75 percent.

- Research examining fasting glucose (A1C) levels found that 35 percent of U.S. adults age 20 years or older had pre-diabetes (50 percent of those age 65 years or older are considered pre-diabetic); an estimated 79 million Americans age 20 years or older have pre-diabetes.



Prevention

Both type 2 diabetes and its side effects can often be prevented or delayed. The most cost-effective prevention methods include regular physical activity and a healthy diet. Regular visits to a healthcare provider and maintaining a healthy weight are also essential to identifying risks, preventing type 2 diabetes, and delaying its onset.