

Diabetes and Obesity

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Definition

According to America Diabetes Association, diabetes is a condition characterized by hyperglycemia resulting from the body's inability to use blood glucose for energy.

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Types of Diabetes

Type 1 diabetes most often occurs in people younger than 30 years.

Type 1 diabetes must be controlled by injecting insulin or by using an insulin pump.

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Types of diabetes continue

Type 2 diabetes the body either does not produce enough insulin or the cells do not use the insulin properly.

Type 2 diabetes is the most common form of diabetes 90–95 percent of people in United States have type 2

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Types of diabetes continue

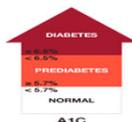
Gestational diabetes is a type of diabetes that can occur during pregnancy in women who have not been known to have diabetes before pregnancy.

Women who have had gestational diabetes are at a much higher risk to develop type 2 diabetes later in life than those without gestational diabetes.

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Types of diabetes continue

Pre-diabetes is a condition in which blood sugar levels are higher than normal but not high enough for the person to be diagnosed with diabetes.



Pre-diabetes is a precursor to diabetes; that is, most people with pre-diabetes will eventually develop diabetes unless they make healthier lifestyle changes.

<https://www.diabetes.org/a1c/diagnosis>

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Complications of Diabetes

- ▶ Blindness (diabetes is the number one cause of acquired blindness in the U.S.A.)
- ▶ Kidney damage (diabetes is the number one cause of kidney disease in the U.S.A.)
- ▶ Never damage
- ▶ Foot problems that can lead to AMPUTATIONS!!!!
- ▶ Amputations (Diabetes is the number one cause of amputations in the U.S.A.)
- ▶ Heart and blood vessel problems (diabetes is a large contributor to the number one cause of death in the U.S.A. heart disease and stroke)
- ▶ Gum Disease

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Who is at High Risk for Diabetes?

- ▶ Family member with diabetes (blood relative)
- ▶ Older age about 1 in 10 people over 20 years have diabetes, but 1 in 5 people over 60 have diabetes
- ▶ Being overweight or obese
- ▶ Sedentary lifestyle (not much physical activity)
- ▶ History of diabetes during pregnancy (gestational diabetes)
- ▶ Begin a member of certain ethnic group: African American, Hispanic/ Latino, American Indian/ Alaska Native, and Asia American and Pacific Islander.

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COVID-19 and Diabetes

- ▶ According to the Centers of Disease Control and Prevention (CDC) Adults of any age with **certain underlying medical conditions** are at increased risk for severe illness from the virus that causes COVID-19. Severe illness from COVID-19 is defined as hospitalization, admission to the ICU, intubation or mechanical ventilation, or death.
- ▶ Adults of any age with the following conditions **are at increased risk** of severe illness from the virus that causes COVID-19:
 - ▶ Type 1 and 2 diabetes mellitus
 - ▶ Chronic Kidney disease
 - ▶ Heart conditions, such as heart failure, coronary artery disease
 - ▶ Obesity (body mass index BMI of 30kg, but not higher than 40kg)
 - ▶ Severe obesity BMI over 40kg
 - ▶ Pregnancy
 - ▶ Hypertension or high blood pressure
- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

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Childhood Diabetes

According to the American Diabetes Association around 18, 200 youths are diagnosed with type 1 and around 5,000 with type 2.

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Childhood Diabetes

Youth- onset diabetes is associated with various complications such, as kidney disease, and nerve damage, and poses a substantial clinic and public health burden. (CDC)

<https://www.cdc.gov/diabetes/research/reports/children-diabetes-rates-rise.html>

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Questions?

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Thank You

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Sources Page

▶ <https://www.diabetes.org/a1c/diagnosis>

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