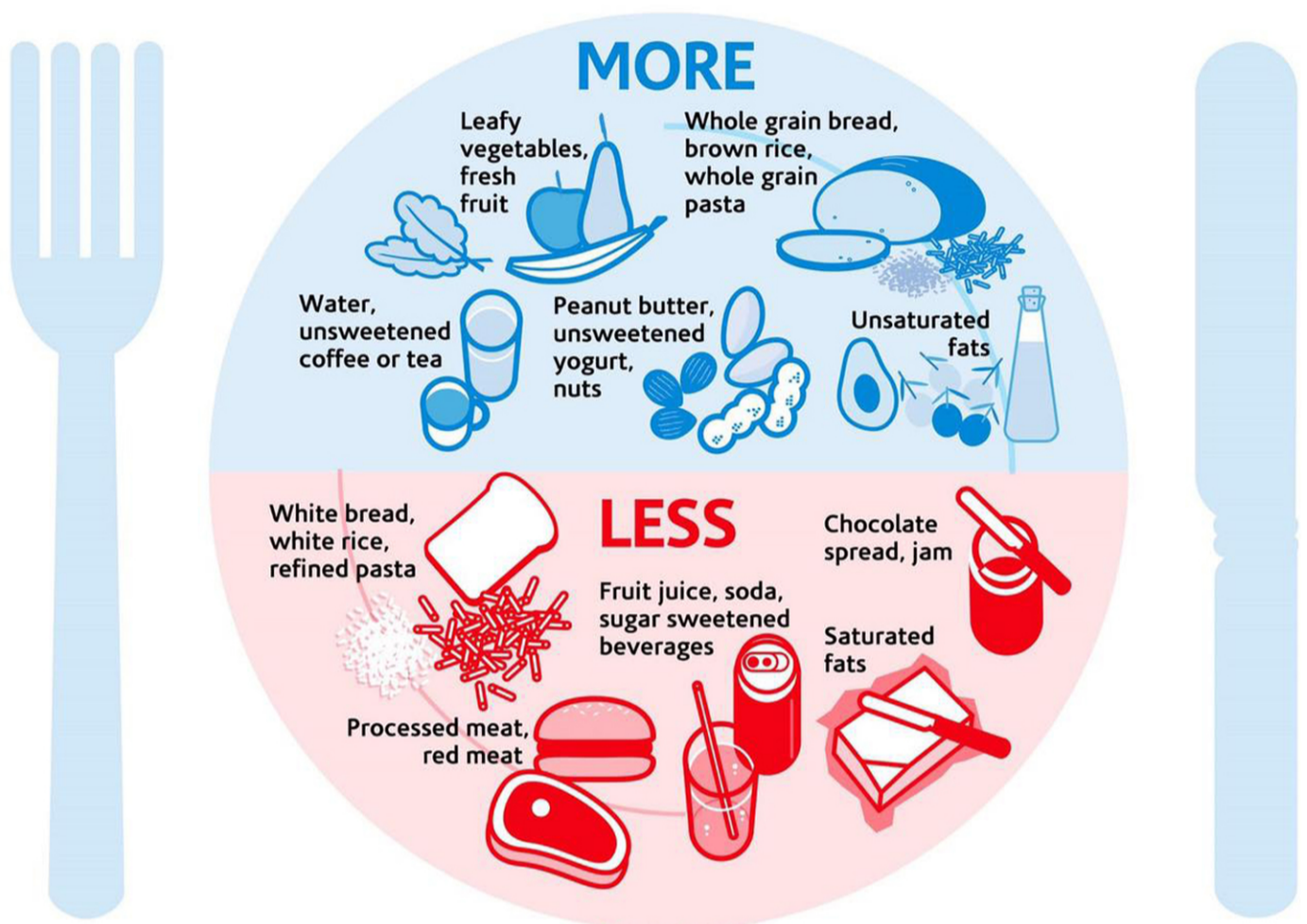


DIABETES: WHAT YOU NEED TO KNOW

- Type 1 (insulin-dependent) diabetes affects 5%-10% of those with diabetes and most often occurs during childhood or adolescence.
- Type 2 (non-insulin-dependent) diabetes affects are more prevalent, affecting 90%-95% of those with diabetes. This type is more common in older people, especially older women who are overweight, and occurs more often among African Americans, Hispanics, and American Indians.
- Gestational diabetes develops in 2%-5% of all pregnancies but disappears when pregnancy is over. Women who have had gestational diabetes are at an increased risk for developing Type 2 diabetes later in life.

HEALTHY EATING

AN IMPORTANT PART OF PREVENTING TYPE 2 DIABETES AND EFFECTIVELY MANAGING ALL TYPES OF DIABETES



#7

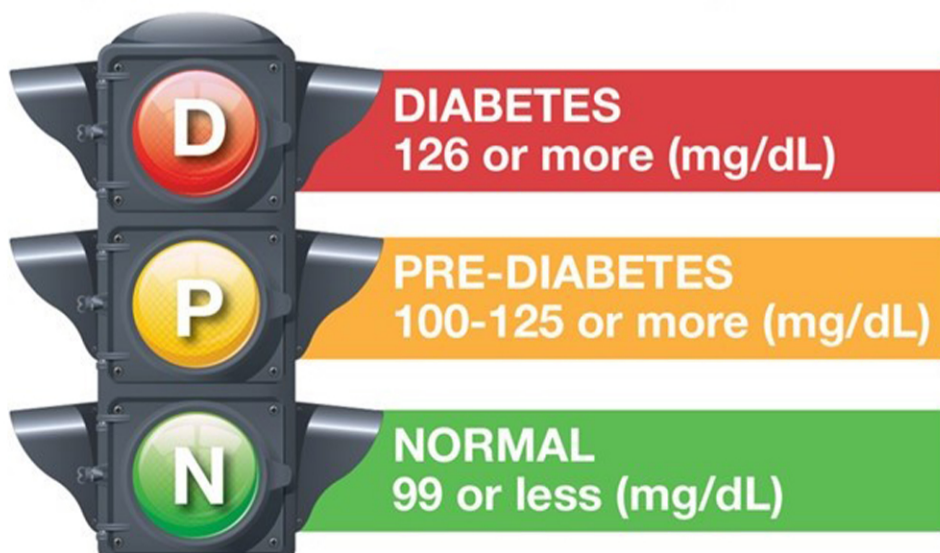
Diabetes is the seventh leading cause of death (sixth leading cause of death by disease) in the United States.

217,000

About 217,000 adults in Georgia know that they have diabetes. Another 108,000 have diabetes but are not aware.

3X

Death rates from diabetes for African-American women in Georgia are three times higher than for white women.



WHAT IS PREDIABETES ?

Prediabetes simply means a pre-diagnosis of diabetes.
—
Prediabetes has no symptoms.