




Diabetes



What Is Diabetes?

-  Diabetes is a serious health condition that affects how your body makes or uses insulin (a hormone that controls blood sugar). With diabetes, your body has trouble keeping your blood sugar at normal levels.
-  Diabetes can lead to blindness, kidney failure, nerve damage, lower limb loss, or early death from heart disease and stroke.
-  Making lifestyle changes can lower your risk of diabetes and improve your overall health.

Types of Diabetes

Diabetes can develop over years and is more common as you get older. The three most common types are:


- **Type 1** occurs when your body doesn't make enough insulin.
- **Type 2** is the most common type and occurs when your body can't use insulin properly. About one in five adults with this type don't know they have it.
- **Gestational** diabetes occurs during pregnancy and increases the risk of health issues for you and your baby. This type usually goes away after delivery, but can increase the risk of type 2 diabetes later in life.


Managing Diabetes


- Common **risks** for developing diabetes include if you are 45 and older; have overweight, obesity or a family history of diabetes; or are physically inactive. Where people live, learn, work and grow up can also affect their risk for developing diabetes.
- **Symptoms** of diabetes can include frequent urination, thirst or hunger; blurry vision; numbness or tingling in your hands or feet; fatigue and dry skin; or sores and cuts that heal slowly. However, many people with diabetes do not experience symptoms.


Lifestyle changes can help prevent, delay and manage diabetes. You can:

 Eat more whole foods like fruits and vegetables, and fewer processed foods. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for tips.

 Drink water instead of sugary drinks.

 Quit smoking.

 Increase exercise by moving more and sitting less.

 Keep a healthy weight.

Having a Care Plan

Talk to your health care provider about making a care plan for diabetes that includes:

- Goals for healthy eating and exercising
- Regular checkups and taking medicine as directed
- Group support programs
- Regular tests for cholesterol and blood sugar
- Support for mental health issues, such as depression or anxiety

Taking Care

- ✓ Visit nyc.gov/health and search for **healthy eating** to read the Guide to Healthy Eating and Active Living in NYC for tips on how to set lifestyle change goals.
- ✓ Get support for quitting smoking: Visit the **New York State Smokers' Quitline** at nysmokefree.com or call 866-697-8487.
- ✓ Get care for mental health challenges: Visit nyc.gov/nycwell or call 888-692-9355.
- ✓ Call **311** for help if you have trouble paying for food, housing, health care or medicine.

Resources

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