

# DIABETES

## Awareness Month

Diabetes is a long lasting health condition that affects how your body turns food into energy. Insulin is a hormone which plays a key role in regulating the amount of glucose in the blood. When you have diabetes, your body either does not make enough insulin or does not make insulin as well as it should.

**Type 1 Diabetes** is caused by the body attacking itself by mistake and stops your body from making insulin.

Type 1 diabetes is usually diagnosed in children, teens, and young adults. There is no way to prevent type 1 diabetes.

**Type 2 Diabetes** occurs when the body does not make enough insulin or cannot use the insulin it makes effectively.

Type 2 diabetes usually develops during adulthood, however more and more people are developing Type 2 diabetes earlier in life.

## STATISTICS

- According to the Office of Minority Health:
  - Asian Americans are **40 percent more likely** to be diagnosed with diabetes than non-Hispanic Whites.
  - A **higher percentage** of all Native Hawaiian and Pacific Islander adults (15.6%) had diabetes compared with single-race Asian adults (8.0%) and all U.S. adults (8.7%).
  - From 2017-2018, Asian Indians were **70 percent more likely** to be diagnosed with diabetes, as compared to non-Hispanic whites.
- **22 percent of the adult population** in Palau is estimated to have diabetes and **14.4 percent of the adult population** in Palau has undiagnosed diabetes (Palau Hybrid Survey, 2017).
- **About 1 in 3 adults** in The Marshall Islands has diabetes (Republic of Marshall Islands Hybrid Survey Final Report, 2018).
- According to the Centers for Disease Control and Prevention, **1 out of every 9 individuals** in Hawai'i's adult population have diabetes.

## RISK FACTORS TYPE 2 DIABETES



- Sedentary lifestyle
- Obesity or being overweight
- Age: being 45 years or older
- Family History: having a parent or sibling with type 2 diabetes
- Prediabetes
- Gestational diabetes (diabetes during pregnancy) or gave birth to a baby who weighed more than 9 pounds
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native. Some Pacific Islanders and Asian Americans are also at higher risk

## SIGNS & SYMPTOMS TYPE 2 DIABETES



*If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:*

- Constant thirst or hunger
- Peeing a lot, often at night
- Losing weight without trying
- Having blurry vision
- Having numb or tingling hands or feet
- Feeling very tired
- Having very dry skin
- Having sores that heal slowly
- Having more infections than usual

## PREVENTION TYPE 2 DIABETES

*You can prevent or delay type 2 diabetes with simple, proven lifestyle changes such as losing weight if you're overweight, eating healthier, and getting regular physical activity.*

Exercise - aim for 30 minutes of activity each day (walking, hula, tai chi)



Eat healthy - eat fresh fruits and vegetables, fish, and less processed food



Follow medical advice - visit your primary care physician, Community Health Center, Native Hawaiian Health Center, or Rural Health Clinic



## RESOURCES

- American Diabetes Association: [diabetes.org](https://diabetes.org)
- American Heart Association: [heart.org/en/health-topics/diabetes/diabetes-tools—resources](https://heart.org/en/health-topics/diabetes/diabetes-tools—resources)
- National Council of Asian Pacific Islander Physicians: [ncapip.org/diabetes](https://ncapip.org/diabetes)
- Pacific Islander Diabetes Prevention Program: [pacificislanderdpp.org/resources](https://pacificislanderdpp.org/resources)
- Joslin Asian American Diabetes Initiative: [aadi.joslin.org/en](https://aadi.joslin.org/en)
- Healthy Hawaii Initiative: [healthyhawaii.com/prevent-diabetes-2](https://healthyhawaii.com/prevent-diabetes-2)

### INFORMATION SOURCES

The Centers for Disease Control and Prevention ([cdc.gov](https://cdc.gov))  
The Office of Minority Health ([ohhs.gov](https://ohhs.gov))  
Palau Hybrid Report ([palaugov.pw](https://palaugov.pw))  
Ministry of Health and Human Services Republic of the Marshall Islands ([rmihealth.org](https://rmihealth.org))