Type 2 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.

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).


According to the Centers for Disease Control and Prevention, 1 out of every 8 individuals in Hawaii’s adult population have diabetes.

RISK FACTORS
- Sedentary lifestyle
- Obesity or being overweight
- Age: 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
- 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

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.

Prevention Type 2 Diabetes

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
- American Heart Association: heart.org/en/health-topics/diabetes/diabetes-tools—resources
- National Council of Asian Pacific Islander Physicians: ncacip.org/diabetes
- Pacific Islander Diabetes Prevention Program: pacificislanderdp.org/resources
- Joslin Asian American Diabetes Initiative: aadi.joslin.org/en

STATISTICS
- 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.