Type 1 diabetes is usually diagnosed in children, usually before the age of 20, and is usually caused by the body's immune system destroying its insulin-producing cells. This disease occurs when your body does not produce enough insulin to convert food into energy. It is an autoimmune disease and it's more common among certain groups of people. The symptoms of Type 1 diabetes are usually noticeable in the first year of diagnosis, and can be severe enough to threaten the individual’s life. People with Type 1 diabetes need insulin injections to stay healthy. Some of the potential symptoms of Type 1 diabetes are listed below:

- Feeling very tired
- Feeling hungry all the time
- Unexplained weight loss
- Using the bathroom more often than usual
- Having sores that heal slowly
- Feeling very thirsty
- Constant nausea

Diabetes is a long-lasting health condition that affects how your body turns food into energy. People with diabetes must take steps to prevent complications, which can include:

- Maintaining healthy levels of blood sugar
- Getting regular physical activity
- Avoiding smoking
- Keeping your weight under control
- Eating healthy food
- Taking your diabetes medicines as your doctor prescribes

According to the Office of Minority Health:

- The rate of diabetes is increasing for all ethnic and racial groups. However, there are significant differences in the rates of diabetes among different groups in the United States. These differences include differences based on age, gender, area of residence, and socioeconomic status.
- The rate of diabetes is highest among American Indians and Alaska Natives, followed by people who are Hispanic/Latino, Black, and Asian. These groups are more likely to be diagnosed with diabetes than non-Hispanic Whites. According to the American Diabetes Association, from 2017-2018, Asian Indians were 14.4 percent of the adult population has diabetes (Republic of Marshall Islands Hybrid Survey, 2017). Palau has undiagnosed diabetes in 9.9 percent of the adult population (Palau Hybrid Survey, 2017). The Marshall Islands has diabetes in 15.6 percent of the adult population (Palau Hybrid Survey, 2018). However, more and more people are developing diabetes at a younger age. From 2007 to 2010, about 14.4 percent of the single-race Asian adults (8.0%) and all Asian Americans (15.6%) had diabetes compared with non-Hispanic Whites (4.0%).

According to the American Diabetes Association:

- Palau Hybrid Report (palaugov.pw)
- Pacific Islander Diabetes Prevention Program: pacificislanderdpp.org/resources
- The Centers for Disease Control and Prevention (cdc.gov)
- Ministry of Health and Human Services Republic of the Marshall Islands (rmihealth.org)

For more information, please visit the following websites:

- American Diabetes Association: diabetes.org
- American Heart Association: heart.org/en/health-topics/diabetes/diabetes-tools—resources
- Joslin American Diabetes Association Initiative: aad.joslin.org/en
- Healthy Hawaii Initiative: healthyhawaii.gov/prevent—diabetes—2