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.

Some key factors that increase your risk of developing type 2 diabetes include:
- Lifestyle factors: lack of physical activity, obesity or being overweight, family history of diabetes
- Age: being 45 years or older
- Being African American, Hispanic/Latino, American Indian, or Alaska Native
- Having prediabetes or gestational diabetes

Based on the Office of Minority Health:
- According to the American Diabetes Association, diabetes affects 1 out of 9 adults.
- In 2017-2018, 15.6% of Hawaiian and Pacific Islander adults, 14.4% of non-Hispanic whites, and 40% more of Native Hawaiian and Pacific Islander adults have diabetes compared with non-Hispanic whites.
- In 2018, 22% of adults had diabetes in the United States.

The Centers for Disease Control and Prevention (CDC) estimate that 8.7% of U.S. adults have diabetes.

If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:
- Feeling very tired
- Having more infections than usual
- Having sores that heal slowly
- Feeling very thirsty or hungry
- Feeling very dry
- Hand or foot numbness or tingling
- Blurred vision
- Have not lost weight but your body weight has gone down
- Peeing a lot, often at night
- You are eating more but feeling hungry

For more information:
- American Diabetes Association: diabetes.org
- American Heart Association: heart.org/en/health-topics/diabetes/diabetes-tools—resources
- National Council of Asian Pacific Islander Physicians: ncapip.org/diabetes
- Pacific Islander Diabetes Prevention Program: pacificislanderdpp.org/resources
- Ministry of Health and Human Services Republic of the Marshall Islands (rmihealth.org)

If you are at high risk for diabetes, please follow medical advice - visit your primary care physician, community health center, Hawaiian and Pacific Islander health center, or rural health clinic so that you can be diagnosed with diabetes.

Awareness Month

Prevention

Information resources

Pre- diabetes  •  Pre-Diabetes.

Statistics

Prevention

Information sources