

# Types of Diabetes

## Type 2 (more common)

About 90-95% of cases

Your body produces insulin but does not use it well or make enough.

**Treatment:** balanced diet; physical activity; regular monitoring; and medication if needed.

**Population:** middle-aged and older adults, but can be diagnosed in younger people.

## Type 1

About 5-10% of cases

Your body produces little to no insulin.

**Treatment:** insulin therapy; regular monitoring; a healthy lifestyle; and other interventions.

**Population:** younger people but can appear in adults.

## Diabetes in Pregnancy

Your body is not able to make and use all the insulin it needs for pregnancy.

**Treatment:** a special meal plan; scheduled physical activity; regular monitoring; and may also need insulin.

**Population:** Usually develops in pregnant women around 24 weeks.

### You're more likely to develop type 2 diabetes if you're:

- Hispanic or Latino
- Black or African American
- American Indian
- Asian (especially South Asian)
- Pacific Islander

### And you're more likely to develop type 2 diabetes if you're:



in a family with a history of diabetes



diagnosed with diabetes when pregnant



not getting enough exercise



overweight or obese



45 or older

**IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.**

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join)