**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.

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**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

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**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

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**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](http://KnowDiabetesbyHeart.org/join)