



## Minnesota Lions Diabetes Foundation Update

**Diabetes is a chronic health condition.** Learning about diabetes and adopting healthy lifestyle choices — food, beverages, physical activity / exercise, healthy weight — is key to preventing or reducing the risks of diabetes.

- Every **19 seconds** someone in the United States is diagnosed with diabetes.
- Every **8 seconds** someone in the world dies from complications related to diabetes.
- Diabetes is the **7<sup>th</sup> leading cause** of death in the United States.
- The risk of early death for adults living with diabetes is **60 % higher** than for adults who do not have diabetes.
- Diabetes is the **# 1 cause** of kidney failure, lower-limb amputations and adult blindness.
- More than 37 million people in the United States have diabetes.

Type 1 Diabetes	Pre-Diabetes	Type 2 Diabetes	Gestational Diabetes
<ul style="list-style-type: none"> <li>• Auto immune disease – body attacks itself.</li> <li>• Body’s immune system kills pancreas beta cells that produce insulin.</li> <li>• Usually diagnosed in children and young adults; but can develop at any age.</li> <li>• Previously called “Juvenile” diabetes.</li> <li>• No known way to prevent Type 1 diabetes.</li> <li>• Nearly <b>1.9 million</b> Americans have Type 1 diabetes, including <b>283,000</b> younger than 20.</li> </ul>	<ul style="list-style-type: none"> <li>• Stage before Type 2 diabetes</li> <li>• Glucose (blood sugar) levels are higher than normal, but not high enough to be diagnosed with Type 2 diabetes.</li> <li>• Some people, with healthy lifestyle choices, can return glucose levels to normal range – preventing or delaying Type 2 diabetes.</li> <li>• <b>96 million</b> adults (38 % of adult U.S. population) are pre-diabetic.</li> <li>• <b>26.4 % million</b> (nearly 49 % of U.S. population) people age 65 years and older are pre-diabetic.</li> <li>• More than <b>8 in 10</b> U.S. adults do not know they are pre-diabetic.</li> </ul>	<ul style="list-style-type: none"> <li>• Most common form diabetes</li> <li>• <b>Enough</b> insulin or resists using insulin properly.</li> <li>• Pancreas initially extra insulin to make up for resistance.</li> <li>• Over time, pancreas is unable to make enough insulin to keep glucose (blood sugar) at normal level.</li> <li>• Usually diagnosed in middle-aged and older people.</li> <li>• Sometimes called onset diabetes or insulin-resistant diabetes.</li> <li>• In adults, Type 2 diabetes accounts for <b>90 to 95 %</b> of all diagnosed cases.</li> </ul>	<ul style="list-style-type: none"> <li>• Body may not make enough insulin or may use insulin less effectively (insulin resistance) during pregnancy.</li> <li>• May go away pregnancy.</li> <li>• Women who have gestational diabetes, and the baby, are at greater risk for developing Type 2 later in life. (About <b>50 %</b> of women with gestational diabetes later develop Type 2 diabetes.)</li> <li>• Between <b>2 and 10 %</b> pregnancies in the United States are affected by gestational diabetes every year.</li> </ul>
Source: Centers for Disease Control (CDC)			

### Supporting Research, Providing Education

Founded by Lions members in 2008, Minnesota Lions Diabetes Foundation (MLDF)’s dream is to be a part of finding a cure diabetes. We raise funds and collaborate with partners to conduct research for a cure for diabetes, sponsor preventative health activities and provide diabetes education. MLDF, with support from Lions and Lions Club, has provided more than \$1.8 million to fund research and diabetes education.

MLDF is currently supporting four research projects at the University of Minnesota, including research related to Type 1 and Type 2 diabetes.

*Thank you for your generous and life-changing and life-saving donations. Your support of MLDF is making a difference for countless people across the world, as new treatments are developed and progress toward a cure for diabetes advances.*

### Club Visits and Diabetes Service Projects

Please contact your 5M-5 MLDF Trustees to learn more about diabetes and diabetes service projects, and to schedule your club visit (in-person, or online). We can also provide you with diabetes service projects for your club that can be done in person, or on social media platforms or by email.

For more information go to: [www.mnlionsdiabetes.org](http://www.mnlionsdiabetes.org)