



Diabetes 101



**Raise your hand if you know
someone with diabetes.**

1 in 10

**Americans has
diabetes today.**

Diabetes: a public health crisis

Compared to non-Hispanic white people:

- **American Indian and Alaska Native adults** are almost **twice as likely** to be diagnosed with diabetes.
- **Black and Hispanic adults** are more than **70% more likely** to be diagnosed with diabetes.
- **Asian American adults** are **25% more likely** to be diagnosed with diabetes.

What is the American Diabetes Association?

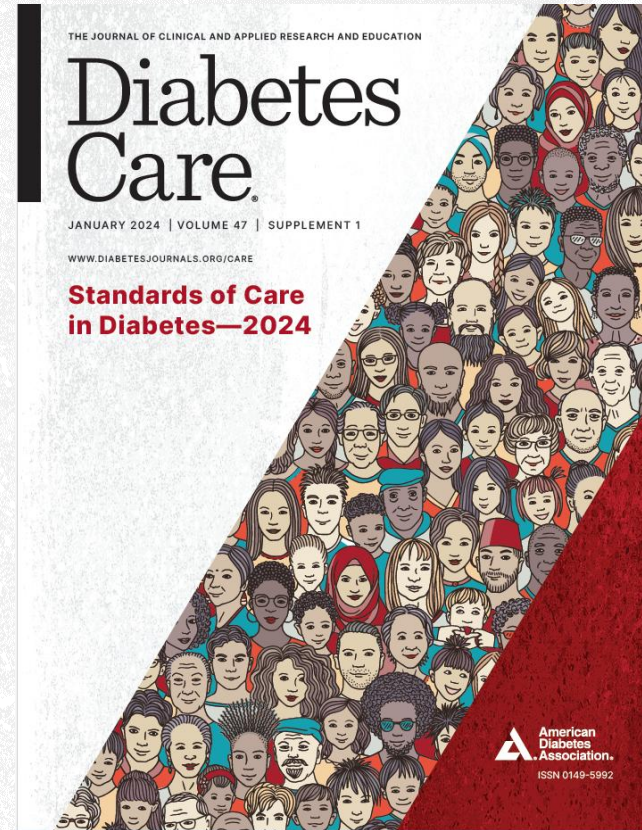
Diabetes affects everyone.

The American Diabetes Association[®] (ADA) is the largest organization pursuing treatments, prevention, and cures for all types of diabetes and fighting for the rights of all people affected by diabetes.

Reach and Credibility

The ADA is internationally recognized and a trusted authority in diabetes care and education.

Our evidence-based ***Standards of Care in Diabetes*** guides health care providers and informs diabetes care and education specialists around the United States and the world.



STANDARDS OF CARE

Standards of Care in Diabetes

The *Standards of Care in Diabetes (Standards of Care)* includes all current clinical practice recommendations of the American Diabetes Association (ADA) and is intended to provide clinicians, researchers, policy makers, and other individuals with the components of diabetes care, general treatment goals, and tools to evaluate the quality of care.

[View the 2026 Standards of Care](#) 

Our comprehensive approach changes lives.

PREVENT

CURE

**IMPROVE
LIVES**



Our Comprehensive Approach

From the research lab to the halls of the Capitol, to the offices of diabetes care and education providers, and to homes nationwide, the ADA is there.



**So what is prediabetes
and diabetes?**

What is prediabetes?

Prediabetes is when your blood glucose (also called blood sugar) levels are higher than normal but aren't high enough to be diagnosed diabetes.





97.6 M

American adults have prediabetes

Source: CDC National Diabetes Statistics Report

81%

of Americans with prediabetes
don't know they have it

**Prediabetes can
lead to type 2
diabetes and its
many serious
complications.**

Learn your risk for prediabetes
and type 2 diabetes in 60 seconds
and steps to lower your risk at

diabetes.org/RiskTest




Select your preferred language

English 

Are you taking this test for yourself, or for a loved one?

 For Myself

 For Someone Else

What is diabetes?

When you have diabetes, your blood glucose levels rise higher than normal. There are three main types of diabetes:

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes (GDM)



How is food related to diabetes?

1. Your body breaks down food into glucose and sends it to the blood.
2. Insulin helps move glucose from the blood into your cells.
3. Glucose moved into your cells is either used as fuel for energy or stored for later use.
4. If you have diabetes, there is a problem with insulin, but not everyone has the same problem.



What are the symptoms of diabetes?

Symptoms include:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)



**The three most common
types of diabetes.**

What is type 1 diabetes?

In type 1 diabetes, your immune system mistakenly destroys the beta cells in your pancreas that make insulin.



What causes type 1 diabetes?

Scientists aren't sure what causes type 1 diabetes. It is not contagious and it is not caused by consuming sugar.

Research is under way to find the exact causes of type 1 diabetes and how it might be prevented.



What is type 2 diabetes?

If you have type 2 diabetes, your body does not use insulin properly. This is called insulin resistance.



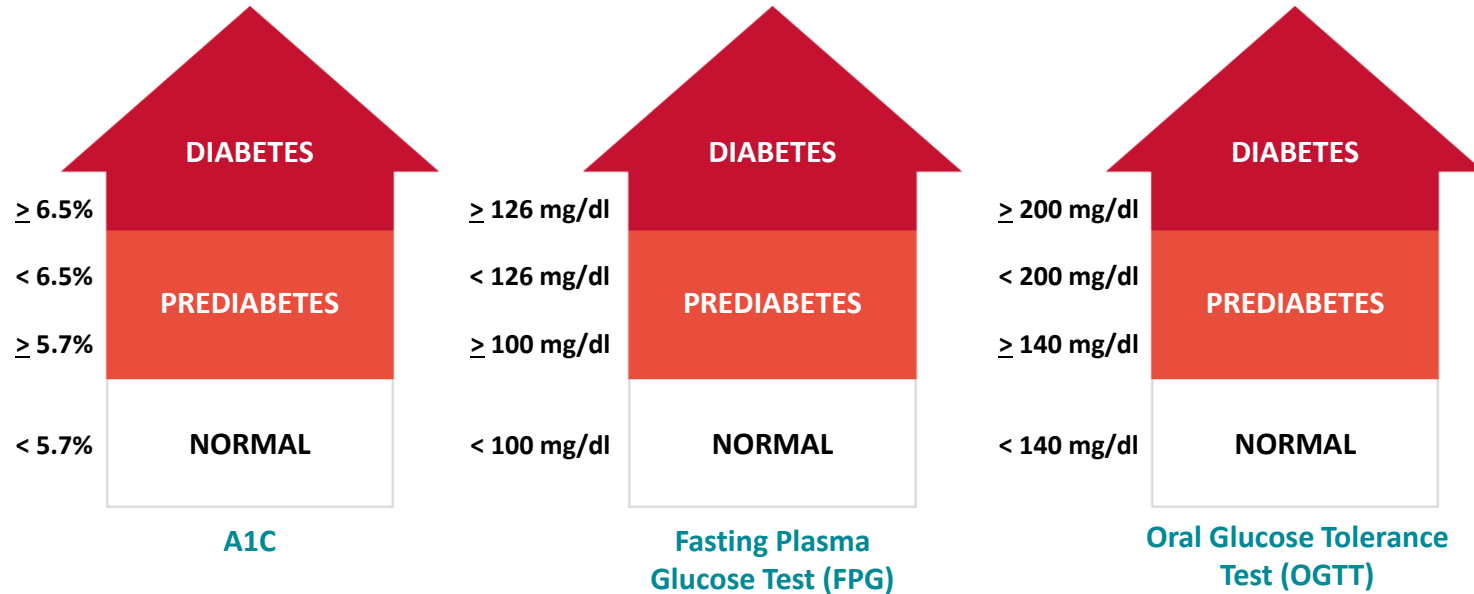
What puts you at risk for type 2 diabetes?

Risk factors include:

- History of high blood glucose, prediabetes, and/or GDM
- Overweight and obesity
- Physical inactivity
- Genetics
- Family history
- Race and ethnicity
- Age
- High blood pressure
- Cholesterol problems



How is type 1 and type 2 diabetes diagnosed?



What is gestational diabetes (GDM)?

GDM is diabetes that develops during pregnancy.

- If your blood glucose levels return to normal after giving birth, you are at higher risk for developing type 2 diabetes.
- If your blood glucose doesn't return to normal, you will be diagnosed with type 2 diabetes.





Diabetes treatments and what you can do.

How is diabetes treated?

Diabetes may be treated with meal planning, physical activity, and medications—which may include oral medications, insulin, and other injectable medications.



What can you do if you have prediabetes or diabetes?

Things you can do:

- Believe in your ability to care for yourself
- Follow a healthy eating plan
- Engage in physical activity
- Take your medication(s)
- Lose weight, if needed

Be sure to talk to your health care team about the steps you can take to stay healthy.



How to make the best choices for you.

Setting SMART goals can help you reach your health goals, manage your time, and track your progress.

SMART goals are:

- Specific
- Measurable
- Attainable
- Realistic
- Time-specific

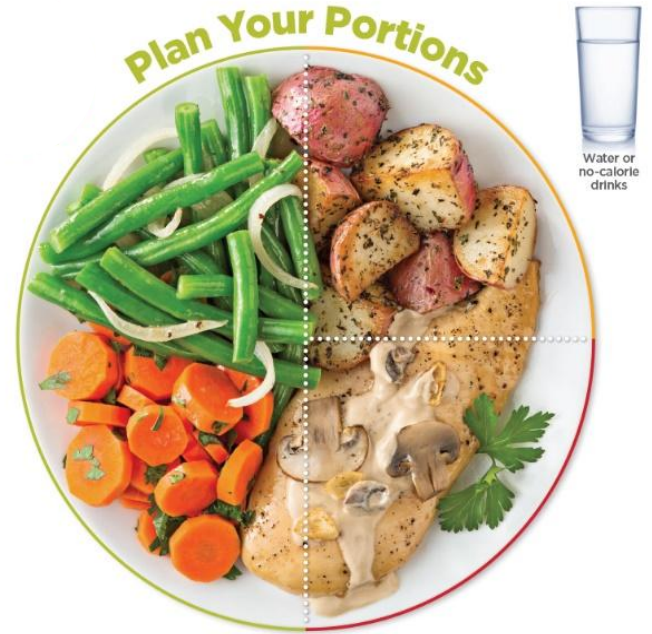


Plan Your Portions

Talk to a registered dietitian nutritionist (RDN) or diabetes care and education specialist (DCES) about the best eating pattern for you.

The Diabetes Plate Method can be a good place to start:

1. Fill 1/2 of your plate with non-starchy vegetables.
2. Fill 1/4 of your plate with protein.
3. Fill 1/4 of your plate with grains or starchy vegetables, fruit and/or milk/yogurt.
4. Add water or a no-calorie beverage.



How does staying active help?

When you are active:

- Your body is more sensitive to insulin, so the insulin can work better.
- Your cells take glucose out of the blood during exercise, which helps keep your blood glucose in your target range.
- Exercise can improve your mood.



What types of activity should I do?

Types of activity you can try:

- Aerobic exercise
- Strength training
- Balance training
- Flexibility training (stretching)



What should I know about medications?

There are three types of medications for diabetes:

1. Diabetes oral medications (pills)
2. Insulin
3. Other injected medications





We're here to help.

Next Steps

At-Risk/Prediabetes



Take the
Type 2 Diabetes
Risk Test



Talk to your
health care
provider



If at risk, register
for a local
Diabetes
Prevention
Program (DPP)



Visit Diabetes
Food Hub®



Contact
1-800-DIABETES
for additional resources

Diabetes



Register for Ask
the Experts
events



Get a referral
for diabetes
self-management
education and
support (DSMES)
services



Visit Diabetes
Food Hub



Contact
1-800-DIABETES
for additional
resources



[View All Recipes](#)



[Plan My Meals](#)



[Create A Grocery List](#)



[Healthy Eating Blog](#)



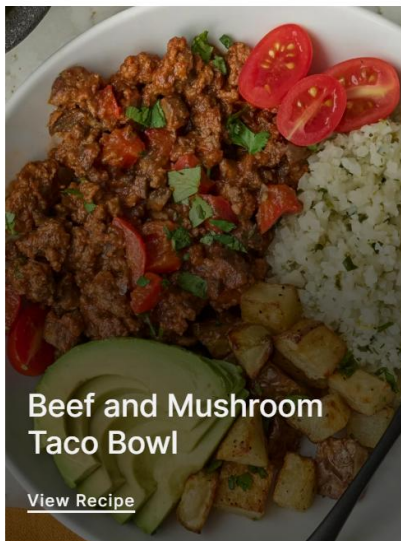
[Cooking Classes](#)



[About Us](#)

Newest Recipes

Check out our latest recipes and find a new favorite.



Beef and Mushroom Taco Bowl

[View Recipe](#)




Whole Wheat Penne with Mushrooms & Kale

[View Recipe](#)

Cheesy Eggplant Rollatini

🕒 25 min 🔄 35 min 🍴 6

Serving size	3 eggplant rollatini with sauce
Calories	130
Total Carbohydrate	18g
Total Fat	4g
Protein	9g

[View Recipe](#) 



Hearty Breakfast Frittata

[View Recipe](#)

TOOLS & RESOURCES

Find a Diabetes Education Program



Search Recognized Education Programs by zip code

Enter a search area and 5 digit zip code and click apply to search.

Search Radius

 ▼

From ZIP Code

OR

State

 ▼

- Pediatric DPP Spanish Telemedicine Mental Health Trained

Show Results

Don't Miss Out On Our Upcoming Events

ASK THE EXPERTS

Be Ready, Stay Safe—What to Know About Severe Hypoglycemia

 Tuesday, April 14, 2026  2:00 P.M. - 3:00 P.M. EDT

[Register](#)

When blood glucose (blood sugar) drops too low, it's called severe hypoglycemia. Severe hypoglycemia can happen fast, and knowing what to do can save a life. Join us to learn about recognizing the signs of dangerously low blood glucose, what puts you at risk, and how to respond in an emergency. We'll discuss treatment options to have on hand so you can act quickly and confidently.

ASK THE EXPERTS

Coordinating Care for Success—Finding a Pathway with Your Health Care Team

 Tuesday, May 12, 2026  2:00 P.M. - 3:00 P.M. EDT

[Register](#)

Managing obesity often involves multiple specialists. Join us to learn about the multidisciplinary team involved in obesity care. From doctors to registered dietitian nutritionists (RDNs) to therapists, there are many on your health care team that will support your weight-wellness journey.

Guest Expert: Rachel Stahl, MS, RD, CDN, CDCES, Dietitian, New York-Presbyterian Hospital

Project Power for Adults

For individuals aged 18+ diagnosed with prediabetes or diabetes or are at high risk for diabetes.

The program's goal is to reduce risk factors (if the participant is at risk for diabetes), improve diabetes knowledge and self-care behaviors, and improve glycemic control (if the participant has diabetes).

- Eight sessions led by medical professionals trained as lifestyle coaches
- Program delivered virtually or in person
- Target group of 25 individuals
- Participant activity kit
- No cost, registration is required
- Program curriculum and digital materials available in English and Spanish





PROJECT + POWER



Contact Us

Visit **diabetes.org** or call **1-800-DIABETES** (800-342-2383) Monday through Friday from 9:00 a.m. to 5:30 p.m. ET to learn more about these resources and:

- How to prevent or manage diabetes
- Healthy living
- Getting involved by participating in local ADA events
- Advocacy for people with diabetes

Thank you.



