

- Diabetes is a group of illnesses that occur in people all around the world. People with diabetes have an increased risk of developing serious health problems.
- There are three types of diabetes, which are all associated with the hormone insulin. Insulin is an important hormone that supplies the control of glucose (energy) to cells in the body.
- **Type 2 diabetes is the most common** type of diabetes. It occurs when a person is making insulin, but their cells cannot use it. Type 2 diabetes develops very slowly over time. Type 2 diabetes can be prevented.
- Type 1 diabetes occurs when a person is unable to make insulin. It is an autoimmune disease that happens very suddenly and cannot be prevented. People with type 1 diabetes need insulin injections to survive.
- Gestational diabetes occurs during pregnancy. It is similar to type 2 diabetes – the mother makes insulin but her body cannot use it properly.
- In 2013, there were 382 million adults around the world with type 2 diabetes.
- In 2013, 5.1 million people died from type 2 diabetes – that is 1 person every 6 seconds.

### Number of adults with type 2 diabetes around the world in 2013

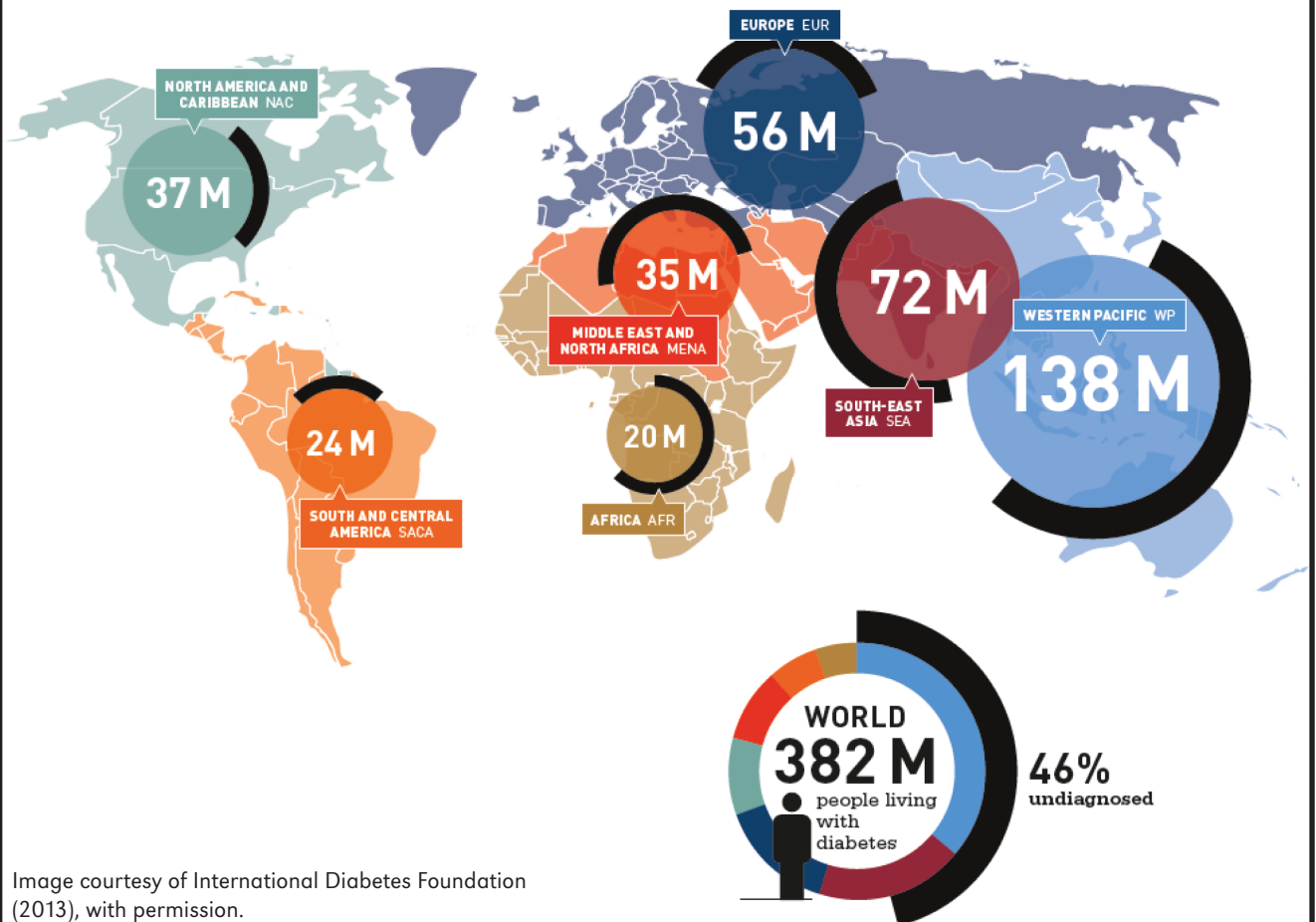
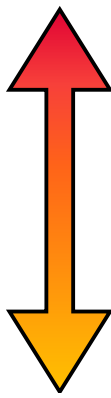


Image courtesy of International Diabetes Foundation (2013), with permission.

The world map shows the number of people around the world that have diabetes.

Each region of the world is a different colour.

- Using the information on the world map, fill in the table, putting the regions in order from the most people with type 2 diabetes to the least people with type 2 diabetes.

Region of the world	Number of people with type 2 diabetes	Most
		
South-East Asia (SEA)		
	20 million	

- Which region of the world does the Cook Islands belong to? \_\_\_\_\_
- The black line around each circle represents the proportion of people who have type 2 diabetes but do not know. They have undiagnosed diabetes.

- Which region of the world has the most people with undiagnosed diabetes?

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- Why do you think this might happen in this region of the world?

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- Which regions have less than 50% of people with undiagnosed diabetes?

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