



Diabetes: what are the risks?

Aboriginal people in Canada are at greater risk for developing type 2 diabetes than other Canadians. Generally, the risk of developing type 2 diabetes increases as you age, but if you are an Aboriginal person, you are at greater risk for developing type 2 diabetes earlier in life. Aboriginal children are also now being diagnosed with type 2 diabetes - a condition that in the past occurred mainly in older persons. Inuit rates of diabetes are not as high as other Aboriginal populations, however there is fear that the rates of type 2 diabetes are increasing among Inuit as well.

Not everyone has the same chance of developing diabetes. You are more likely to develop diabetes if:

- ◆ you are overweight (especially if most of your weight is around your middle)
- ◆ you have a parent, brother or sister with diabetes
- ◆ you have trouble dealing with life problems (stress)
- ◆ you had a baby that weighed over 4 kg (9 lbs) at birth
- ◆ you had diabetes during your pregnancy
- ◆ you are not active.

The good news is that you can do something. You can decrease the chance of developing diabetes by eating well, being active and taking good care of YOU!

For more information on risks, or to be tested for diabetes, contact your health care provider.

What is diabetes?

Diabetes is a lifelong condition where your body does not produce enough insulin, or your body cannot use the insulin it produces. Your body needs insulin to change the sugar from food into energy.

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For more information please visit www.healthcanada.ca/diabetes

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