



# Type 1 & Type 2 Diabetes

Who Is at Risk?

# What Is Diabetes?



Diabetes is a disease in which the body does not make or use insulin effectively, and the blood sugar is not well-controlled without treatment.

# Risk Factors for Type 1 Diabetes



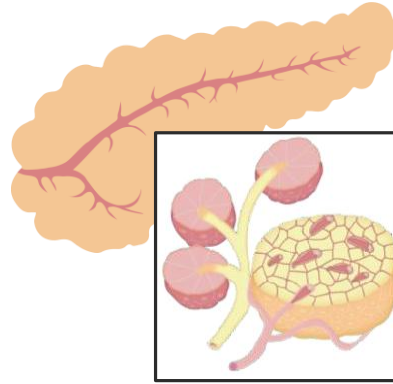
## Family

Parent or sibling with type 1 diabetes



## Genetics

Specific genes



## Injury to pancreas

Autoimmune or a virus



## Age

Usually develops in younger adults and children, but it can also develop in adults

# Risk Factors for Type 2 Diabetes



Family history



Lifestyle

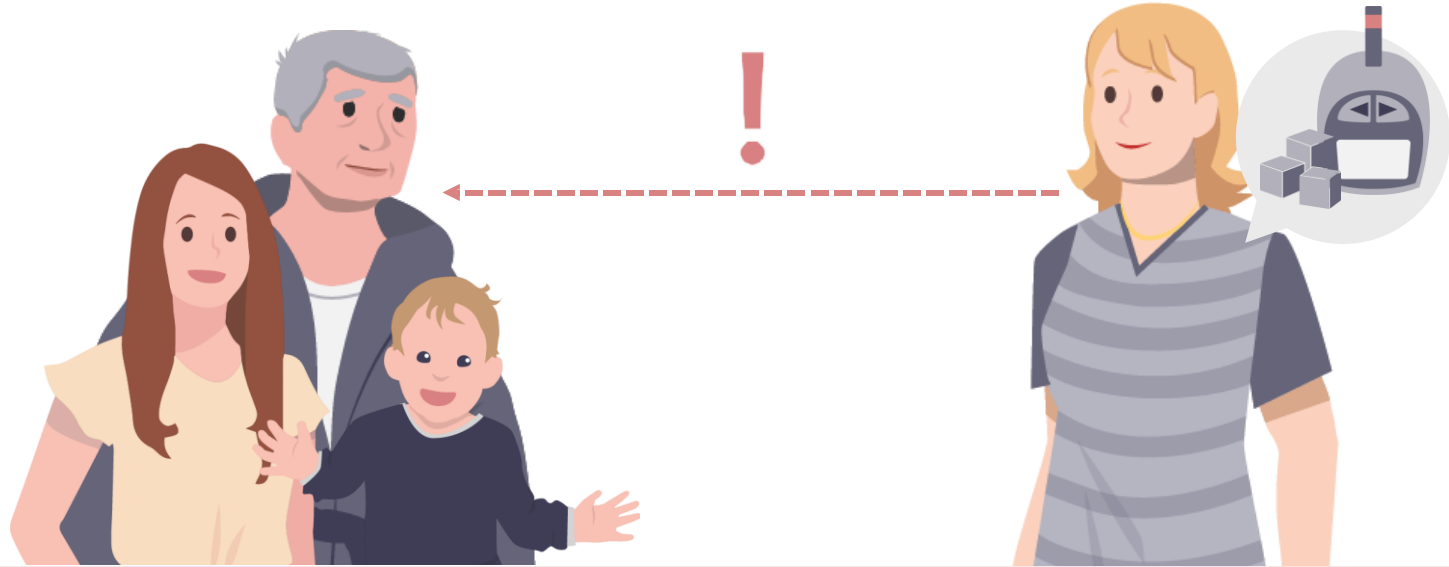


Associated medical conditions or events



Race/ethnicity

## Risk Factors: Family History



If you have a family member with diabetes, you have a much higher risk for developing diabetes yourself.

## Risk Factors: Lifestyle



Overweight or obesity

Sedentary lifestyle

# Risk Factors: Associated Medical Conditions or Events



Impaired glucose tolerance or impaired fasting glucose (prediabetes)



High blood pressure



Low HDL cholesterol and/or high triglycerides



History of gestational diabetes



Delivered a baby 4 kg (9 lb) or heavier



# List the 4 Categories Without Looking at Your Notes

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





# Risk Factors: Race/Ethnicity

**These ethnicities have higher diabetes rates:**

- Pacific Islanders
- Native Americans
- African Americans
- Asian Americans
- Asian Indians



It's an important part of developing your individual clinical judgment!

**You need to be able to:**

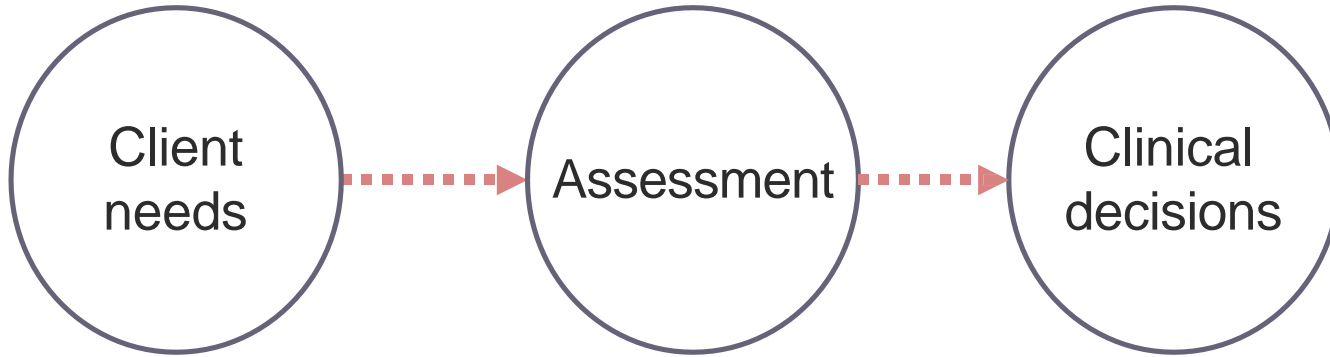
**Recognize cues**

**Analyze cues**

**Develop hypotheses**

**Why does a nurse need to know this?**

## Risk Factors Are Cues



Understanding the unique risk factors for each client will help you identify client needs.

They will point you to areas that should be further assessed.

This way you can make the most effective clinical decisions.

# Modifiable vs. Nonmodifiable



Lifestyle



Associated medical conditions or events

VS



Family history



Race/ethnicity

## In a Nutshell

- ✓ Diabetes is a disease in which the body does not make or use insulin effectively, and the blood sugar is not well-controlled without treatment.
- ✓ The risk factors for type 1 diabetes are predominantly nonmodifiable.
- ✓ There are lifestyle risk factors for type 2 diabetes that are important to modify.

