What is Type 2 Diabetes?

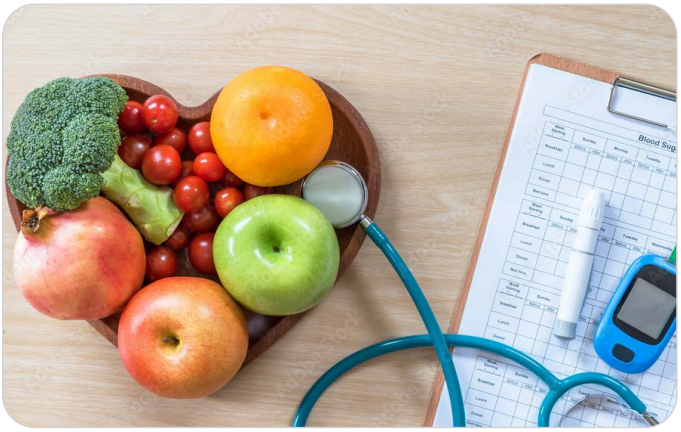
Understanding and Managing Type 2 Diabetes and What You Need to Know

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

Type 2 diabetes is a preventable condition where the body has trouble using insulin properly, which causes high blood sugar levels. Over time, this can lead to serious health problems. Taking your medication, eating healthy, and being physically is important to prevent long-term complications like kidney disease, blindness, and amputations.

Signs of Type 2 Diabetes include:

- Increased thirst,
- Frequent urination,
- Extreme tiredness, and
- Blurry vision.

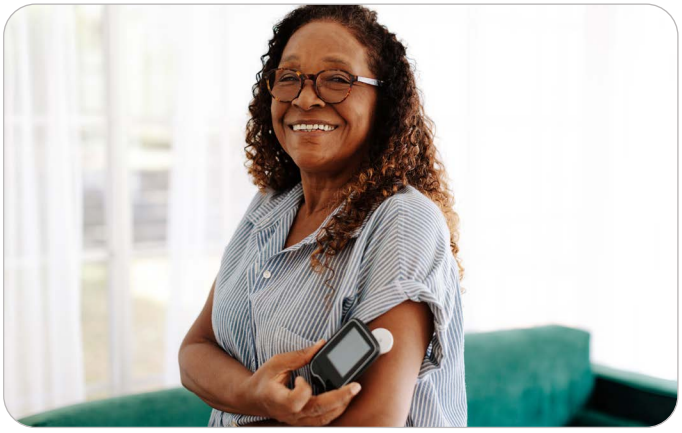


Learn about your risk factors by talking to your doctor or getting a blood sugar test (A1C test). Free screenings may be available at local health clinics.

How to Know if I'm at risk?

You are considered at risk if you:

- Have a family history of Type 2 Diabetes
- Have a weight related health risk **(ex: Obesity)**
- Have high blood pressure or high cholesterol
- Don't get enough physical activity



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How Can Type 2 Diabetes Be Prevented?

You can lower your risk by:

- Eating healthier foods like vegetables, whole grains, and lean protein
- Staying active—aim for 30 minutes of exercise most days
- Managing stress and getting enough sleep
- Seeing a doctor for regular checkups

How Can Type 2 Diabetes Be Managed or Treated?

If you have diabetes, it's important to:

- Take medications as prescribed
- Monitor blood sugar levels regularly
- Follow a healthy diet and exercise plan
- See a doctor or your healthcare team regularly for checkups and support

Resources

For tips and resources to help you build and maintain healthy habits you can:

» **LivingWell DC:** livingwell.dc.gov provides tools to help you eat healthy, exercise, get healthy sleep, go to the doctor, and quit smoking.

» **LinkUDMV:** Find free and affordable blood pressure monitoring programs. Search "blood pressure" at linkudmv.org

» **DC QuitNow:** Offers no-cost programs, medications, and tips from former DC smokers that can help you stay tobacco-free. Call 1-800-QUIT-NOW or visit dcquitnow.org

» **DPR:** Find activities and programs for any fitness level at the DC Department of Parks and Recreation dprprograms.splashthat.com

» **American Diabetes Association:** diabetes.org provides resources and information to help you manage your diabetes. Learn about your risk for Type 2 diabetes by taking the test at diabetes.org/diabetes-risk-test/