

BZgA

Bundeszentrale
für
gesundheitliche
Aufklärung


**Diabetesnetz
Deutschland**
gemeinsam gesünder



TYPE 2 DIABETES MELLITUS

Key information on
risk and protective factors
at a glance



This brochure provides an **overview of important information** about Type 2 diabetes mellitus, its risk factors, and how to prevent it.

Additional information and tips on preventing diabetes can be found under the following link or QR code:

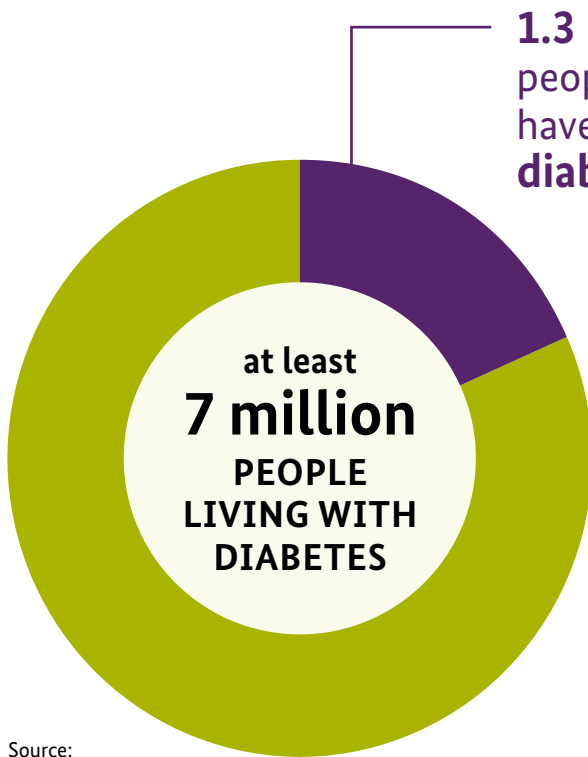


www.diabinfo.de/en/preventing-diabetes/what-can-i-do.html

You can also consult your general practitioner.



Type 2 diabetes doesn't occur suddenly – it develops over years, often without noticeable symptoms.



1.3 million
people in Germany
have **undiagnosed**
diabetes.

Source:
Robert Koch Institute
(www.diabsurv.rki.de)

Type 2 diabetes mellitus is one of the most common non-communicable diseases in Germany.

Type 2 diabetes can lead to serious **secondary diseases and comorbidities** that are associated with health impairment and a reduced quality of life.

WHAT IS TYPE 2 DIABETES MELLITUS?

Type 2 diabetes is a disorder of glucose metabolism. On one hand, the body's essential hormone insulin no longer works sufficiently, and on the other hand, the pancreas doesn't release enough insulin. As a result, blood sugar levels rise.

Type 2 diabetes is associated with an unhealthy lifestyle, especially when overweight. It also occurs more frequently with familial clustering and with increasing age.

Recent developments, however, show that younger people are increasingly affected as well.



HOW CAN I PREVENT TYPE 2 DIABETES?

A healthy lifestyle reduces the risk of developing Type 2 diabetes.

Key factors include eating a balanced diet and regular physical activity. Managing stress, not smoking, and limiting alcohol consumption are also important.



Even with existing diabetes, **a healthy lifestyle can have a positive impact on the course** and help prevent or delay secondary diseases.

The risk of developing Type 2 diabetes can be positively influenced by adopting a healthy lifestyle.



AM I AT RISK FOR TYPE 2 DIABETES?

People at increased risk can often prevent or at least delay the onset of the disease.

Test your personal risk for Type 2 diabetes at diabinfo.de using the German Diabetes Risk Test®. The test is based on scientific principles.

You can also discuss **your Type 2 diabetes risk with your general practitioner.**

Testing is simple:

- **It's anonymous and convenient**
- **Takes just a few minutes**
- **Online from home**

**EASILY
TEST
ONLINE!**



[www.diabinfo.de/
en/preventing-diabetes/
diabetes-risk-test](http://www.diabinfo.de/en/preventing-diabetes/diabetes-risk-test)

RISK FACTORS FOR TYPE 2 DIABETES:



Older age



Unhealthy diet



**Type 2 diabetes
in the family**



**Gestational
diabetes**



Being overweight



**Medications
or hormonal
diseases**



**Lack of physical
activity**



**High blood
pressure**



**Increased
blood lipids**



**Smoking and
drinking alcohol**



Fatty liver



Depression

In addition to familial clustering and older age, risk factors for Type 2 diabetes primarily include an unhealthy lifestyle, especially being overweight and a lack of physical activity.

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More information at
www.diabinfo.de/en

[www.diabinfo.de/
en/living-with-diabetes/
type-2-diabetes.html](http://www.diabinfo.de/en/living-with-diabetes/type-2-diabetes.html)