

# Healthy Heart Schools' Program

## Diabetes (risk)



### What can go wrong...

#### Type **1** Diabetes

- A disease in which your body does not produce insulin
- The cause is unknown
- Not preventable
- Manageable through diet, physical activity and daily insulin
- Rare to develop Type 1 after age 20

#### Type **2** Diabetes

- Happens when your body does not produce enough insulin, or it does not use the insulin it produces
- Sugar builds up in your blood and is not used for energy
- Is preventable and controllable
- Most likely to develop after age 20
- Can be prevented by healthy eating, physical activity, and taking medications if needed

#### When Are You At Risk of Developing Type 2 Diabetes?

- Being physically inactivity
- Being overweight
- Family history of type 2 diabetes
- High blood pressure
- High cholesterol levels
- If you have Metabolic syndrome

#### How Our Bodies Work:

- We obtain energy from sugars such as carbohydrates
- In order to breakdown, digest and control the level of sugar in our bodies, we need a hormone called insulin
- Insulin helps sugar get into the cells; without it, sugar stays in the blood causing high blood sugar (unhealthy)

### Complications of uncontrolled diabetes

- Heart disease
- Blindness
- Kidney problems
- Nerve damage
- Stroke

#### Metabolic Syndrome

(must have at least 3 of the following criteria)

**HDL:** less than 0.9 mmol/L

**BMI:** more than or equal to the 85th percentile plus a high waist circumference

**Waist Circumference:**

Male - more than 98cm

Female - more than 82.9cm

**Systolic Blood Pressure:** more than the 95th percentile

**Triglycerides:** more than 1.7 mmol/L

**Fasting Blood Sugar:** greater than 6.2 mmol/L



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