



WHAT IS TYPE 2 DIABETES?



To use sugar for energy, the body needs insulin.

- Type 2 diabetes means your body doesn't make enough insulin, or
- The insulin your body makes can't do its job

Type 2 diabetes in youth:

- More Aboriginal children and youth are being diagnosed
- They may have health problems, like heart disease, earlier in life
- Having a mother with diabetes increases the risk.
- Being overweight increases the risk.