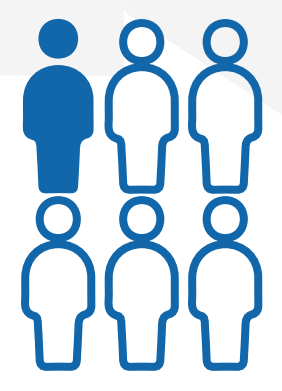


Diabetes in the Region



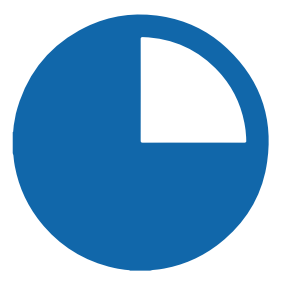
1/6
Adults have Diabetes



86%
Increase in people with Diabetes



1/3
Diabetic people are undiagnosed



24.5%
Diabetes-related deaths



33 billion USD
Spent on Diabetes in 2021



1/7
Live births are affected by hyperglycemia

In 2021, Diabetes was responsible for **796,000 deaths worldwide**

You're at risk for type 2 diabetes if you:

Have Prediabetes



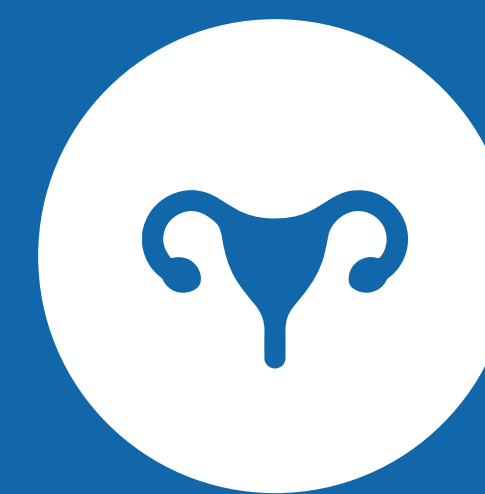
Have a history of gestational diabetes



Have high blood pressure



Are a woman with Polycystic Ovary Syndrome



Are Overweight



Are 45 years or older



Have a parent, brother, or sister with type 2 diabetes



Lead a sedentary lifestyle



How can you prevent Diabetes?



Balanced Diet

Prioritize a diet rich in fruits, vegetables, whole grains, and lean proteins, while limiting processed and high-sugar foods.



Physical Activity

Engage in regular physical activity, aiming for at least 30 minutes of moderate exercise most days of the week.



Monitoring Systems

Stay alert to early symptoms of diabetes, such as increased thirst, frequent urination, fatigue, and blurred vision, and seek medical advice if these occur.



Regular Medical Check-Ups

Follow up with your physician to screen for diabetes and prediabetes and discuss with them the need for pharmacological interventions.