

# Diabetes Wellness: Navigating the Journey Together



## WHAT IS DIABETES?

Diabetes is a chronic disease in which a person's body is unable to either produce or utilize adequate insulin, the hormone that enables the cells of the body to absorb glucose, or sugar, from the bloodstream.

This lack of insulin results in starving cells and an elevated level of sugar in the blood, a condition known as Hyperglycemia, which can damage bodily systems if left untreated.

## What is Prediabetes?

People with prediabetes have blood glucose levels that are higher than normal but not high enough to be diagnosed with type 2 diabetes. If you have prediabetes, you have a higher risk of developing type 2 diabetes in the future. You also have a higher risk for heart disease than people with normal glucose levels.

## Types of Diabetes?

There two main types of diabetes are type 1 and type 2. Type 1 diabetes is where the body is unable to produce the hormone insulin. Type 2 is the most common type of diabetes is where the body cannot effectively use insulin.

## Facts and Figures



**537 MILLION**

adults (1 in 10) were living with diabetes in 2021. This number is expected rise to **643 million** by 2030 and **783 million** by 2045.

**EVERY 6 SECONDS, 1 PERSON dies from diabetes.**



**1 IN 2 ADULTS**

(44%) with diabetes remain undiagnosed (240 million). The majority have type 2 diabetes.

**Diabetes caused 6.7 MILLION DEATHS in 2021.**



**541 MILLION**

adults are at increased risk of developing type 2 diabetes.

Diabetes was responsible for at least **\$966 BILLION IN HEALTH EXPENDITURE IN 2021**  
9% of the global total spent on healthcare.

## Risk Factors for Type 2 Diabetes

Several risk factors have been associated with **type 2 diabetes** and include:



Family history of diabetes



Overweight



Unhealthy diet



Physical inactivity



Increasing age



High blood pressure



Ethnicity



History of gestational diabetes

## Reduce Your Risk:



**Exercise:** 30 minutes of exercise a day can reduce your risks of developing type 2 diabetes by 40%. You should aim for at least 150 minutes of moderate-intensity aerobic exercise (e.g., walking, jogging, swimming or cycling) per week.



**Deal with obesity:** Obesity, particularly abdominal obesity, is linked to the development of type 2 diabetes. Weight loss improves insulin resistance and reduces hypertension.



### Tune Up Your Diet:

- Choose whole grains and whole grain products over highly processed carbohydrates.
- Skip the sugary drinks, and choose water, coffee, or tea instead.
- Choose good fats instead of bad fats.
- Eating at least three servings of vegetable every day, including green leafy vegetables.
- Eating up to three servings of fresh fruit every day.
- Choosing nuts, a piece of fresh fruit, or unsweetened yoghurt for a snack.
- Limiting alcohol intake to a maximum of two standard drinks per day.
- Choosing lean cuts of white meat, poultry or seafood instead of red or processed meat.
- Choosing peanut butter instead of chocolate spread or jam.



**Quit smoking (now):** Smokers are roughly 50 percent more likely to develop diabetes than nonsmokers.

## Living with Diabetes

Your **active participation** in an appropriate balance between **food intake, physical activity** and **drug therapy**, along with the support of your healthcare provider, allows you to maintain your blood glucose at levels that prevent the development and progression of chronic complications.

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