

# DIABETES

IN CREW WATCH WE ARE ALWAYS LOOKING AT WAYS TO RAISE AWARENESS ABOUT HEALTH – ENCOURAGING YOU TO KEEP AN EYE ON YOUR OWN HEALTH AND TO LOOK OUT FOR THE HEALTH AND WELLBEING OF YOUR FELLOW CREW.

IN THIS ARTICLE WE LOOK AT **DIABETES AND PREDIABETES – THE EARLY SIGNS OF DIABETES** – AND WE SET OUT WHAT YOU CAN DO TO STAY AS HEALTHY AS POSSIBLE. OUR AIM IS NOT TO SCARE YOU BUT TO MAKE YOU AWARE THAT SOMETIMES QUITE SMALL CHANGES TO YOUR LIFESTYLE CAN HAVE A MAJOR POSITIVE IMPACT ON YOUR HEALTH.

## 537m

In 2021 approximately 537 million adults were living with diabetes. This is predicted to increase by around 70% by 2045 according to the International Diabetes Federation ([idf.org](http://idf.org))

## DIABETES

is a health condition which affects many of us and is often caused by not caring for your body properly through poor diet and a lack of exercise. Type 2 is by far the most common type of diabetes. The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach). When food is digested and enters your bloodstream, insulin moves glucose (blood sugar) out of the blood and into cells, where it's broken down to produce energy. However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin produced does not work properly.

## PREDIABETES

is a health condition where the blood sugar levels are elevated but not high enough to be diagnosed as Type 2 diabetes. Most people with prediabetes (as much as 85%) are not aware that they have the condition. However, if left untreated, prediabetes can lead to Type 2 diabetes, heart disease, kidney disease and stroke.

People with prediabetes no longer process sugar (glucose) normally. In prediabetes the cells do not respond as well to insulin, which is responsible for allowing blood sugar to enter the cells to be used for energy. When the cells do not respond to it, sugar fails to enter the cells causing the sugar levels in the blood to rise.

### HEALTHY LIFESTYLE CHOICES ARE THE KEY TO PREVENTING PREDIABETES:

- 1 LOSE EXCESS WEIGHT**  
(AT LEAST 5-7% OF BODY WEIGHT)
- 2 GET A MINIMUM OF 150 MINUTES OF AEROBIC PHYSICAL ACTIVITY A WEEK**
- 3 EAT HEALTHY FOODS**
- 4 DON'T SMOKE**
- 5 KEEP YOUR BLOOD PRESSURE AND CHOLESTEROL WITHIN NORMAL LEVELS**

AND ALWAYS REMEMBER...

**PREDIABETES IS PREVENTABLE AND REVERSIBLE, EVEN IF DIABETES RUNS IN YOUR FAMILY.**



# RISK FACTORS

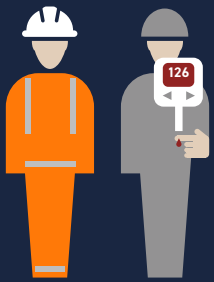
The risk factors for developing prediabetes are the same as those for diabetes. They include:



**BEING INACTIVE**  
being physically active less than 3x/week



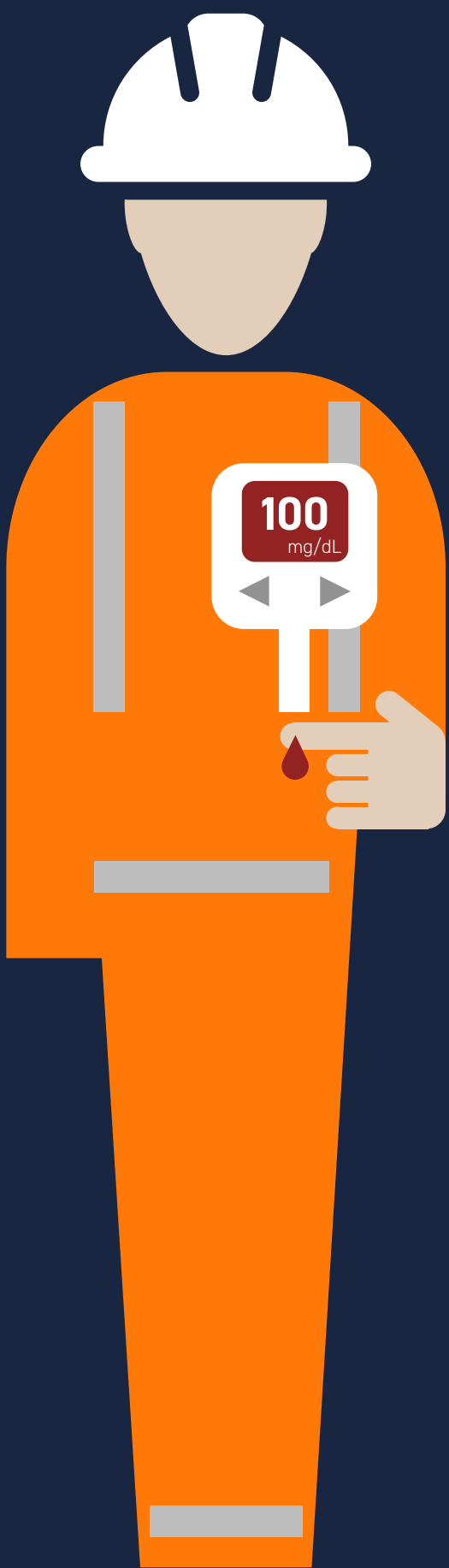
**SMOKING**  
can increase insulin resistance



**FAMILY HISTORY**  
having a parent or sibling with type 2 diabetes



**DIET**  
eating a diet with lots of red meat, processed meat and sugar-sweetened beverages



## 45+

**AGE**  
risk increases after the age of 45 years



**BEING OVERWEIGHT**  
the more fatty tissue (subcutaneous and visceral) you have, the more resistant the cells become to insulin



**WAIST SIZE**  
insulin resistance goes up with waists larger than 40 inches for men and 35 inches for women



**OBSTRUCTIVE SLEEP APNOEA**  
a condition where sleep is repeatedly disrupted