


# What is type 2 diabetes?





**Diabetes is  
an illness  
caused by  
too much  
sugar in  
your blood.**

# Diabetes

Type 1      Type 2

Less



More



There are 2  
main types  
of diabetes

- type 1
- type 2

**type 1**



**Type 1  
diabetes  
usually  
starts in  
children  
or young  
adults.**

**type 2**



**Type 2  
Diabetes  
usually  
happens  
in adults.**





**High sugar levels in the blood can make you feel thirsty and need to go to the toilet more often to pee.**



**High sugar  
can lead  
to problems  
with your  
feet, heart,  
kidneys  
and eyes**



**Good News!  
There are  
lots of things  
you can  
do to lower  
sugar levels  
and stay  
healthy.**