Type 2 diabetes happens when your body does not make or use insulin well, which causes high blood sugar levels.

Symptoms often develop slowly and can be mild. Many people have no symptoms.

- Increased thirst and urination
- Increased hunger
- Blurred vision
- Sores that don’t heal
- Unexplained weight loss
- Increased fatigue

Type 2 diabetes most often occurs in middle-aged and older adults but can develop at any age.

Lower your risk for type 2 diabetes:

- Normal blood pressure
- Balanced diet
- Weight management
- Active lifestyle
- Not smoking

For more information on health equity, visit [www.fda.gov/healthequity](http://www.fda.gov/healthequity).
Type 2 diabetes happens when your body does not make or use insulin well, which causes high blood sugar levels.

DIABETES AFFECTS 1 IN 4 PEOPLE OVER THE AGE OF 65.

Older adults have the highest rate of diabetes-related end-stage kidney disease. This happens when your kidneys begin to fail and dialysis (removal of waste products and excess fluid from the body) or kidney transplantation is needed.

Keep your kidneys healthy if you have diabetes by:

- Eating healthy
- Being physically active
- Controlling your blood pressure
- Not smoking
- Controlling your blood sugar
- Taking medications as prescribed

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