What’s the difference

**Type 1 diabetes**
- The body cannot produce the insulin it needs.
- Causes unknown, but develops when the immune system attacks insulin producing cells\(^3\).
- Incidence is growing steadily.
- Usually diagnosed in children or young adults\(^3\).
- The symptoms often appear suddenly\(^3\).
- Must take insulin daily\(^3\).

**Type 2 diabetes**
- The body produces too little insulin and/or is unable to respond to it\(^2\).
- Incidence is rising at an epidemic rate\(^4\).
- The symptoms often appear gradually.
- Risk factors include:\(^3\):
  - Advancing age
  - Obesity
  - Poor diet
  - Family history of type 2 diabetes
  - Physical inactivity
  - Ethnicity
- Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can prevent or delay the onset of type 2 diabetes\(^5\).
- Often managed by exercise and a healthy diet or oral medication\(^1\).
- If the condition progresses, it can be treated with insulin\(^3\).