

# Types of diabetes mellitus



## Type 1 diabetes

- This occurs when the **pancreas does not produce enough insulin** for normal body function.
- This may be due to an **autoimmune condition** whereby the body's immune system attacks and destroys the beta cells of the pancreas, making it unable to produce insulin.
- Not caused by diet and lifestyle.
- While it typically develops in children or early adulthood, it can also happen to people of other ages.



## Type 2 diabetes

- Most common form of diabetes.
- Usually occurs when the **body's cells do not respond well or are resistant to the body's own insulin.**
- Commonly associated **with being overweight** and having **excessive body fat** (under the skin and around the internal organs).
- Typically develops in older adults (risk increases for those above 40 years).



## Gestational diabetes

- Some women develop higher blood sugar levels **during pregnancy**, which usually normalise after delivery.
- Increased risk of developing diabetes later on in life.
- Visit <https://go.gov.sg/parenthub-gdm-p5> to find out more about Gestational Diabetes.

# What is pre-diabetes?



- Pre-diabetes is when your blood sugar levels are **higher than normal but not high enough to be diagnosed with diabetes.**
- Having pre-diabetes puts you at an **increased risk of Type 2 diabetes.**
- Making lifestyle changes, such as healthy eating, **can delay the progression to diabetes or reverse pre-diabetes.**
- People with pre-diabetes usually have no symptoms. **The only way to diagnose if you have pre-diabetes is through blood tests.**

# Risk factors for developing pre-diabetes and Type 2 diabetes



**Family member(s)**  
known to have diabetes



**History of diabetes**  
during pregnancy



**40 years of age** and above



**Body Mass Index (BMI) of**  
**23.0 kg/m<sup>2</sup>** or higher



**Inactive** (sedentary) lifestyle



**Unhealthy** eating habits