

Type 2 Diabetes

Health & Wellbeing

Type 2 Diabetes

In Ireland type 2 diabetes is continuing to rise. Overweight adults are not taking the recommended 150 minutes per week of physical activity. According to a survey from Healthy Ireland in 2015 this showed 37% of adults are overweight and 23% are obese [click here for more information](#).

Ireland has one of the highest levels of obesity in Europe. With one in ten people around the world are living with diabetes [click here for more information](#) A total of 60% of adults, with over one in five children and young people in Ireland, are living with overweight and obesity. According to the World Health Organisation in 2019 diabetes was top ten of the causes of deaths around the world.

What is type 2 diabetes?

This long-term condition happens when there is a problem with the way the body regulates and uses sugar as a fuel also known as glucose. It results when there is too much sugar circulating in the blood.

High blood sugar levels can eventually lead to disorders of the immune, circulatory and nervous system. There is not enough insulin produced by the pancreas – a hormone that regulates the movement of sugar into the cells. There is less sugar taken in and the cells respond poorly to insulin. When we drink carbohydrates, glucose enters our bloodstream after digestion. The pancreas releases insulin and the insulin helps move the glucose from the blood to the cells of the body.

Type 2 Diabetes can begin during childhood and adulthood. It is more common in older adults.

Signs and Symptoms of Type 2 Diabetes

- You are losing weight without trying to lose it
- Feeling tired and sleeping more than usual
- Lack of energy
- Feeling thirsty all the time and even when you drink plenty you still feel thirsty
- Cuts or wounds taking longer to heal
- Frequent infections
- Urinating more than usual and especially at nighttime
- Blurred vision

If Type 2 diabetes is not treated, or it is not detected it can increase your risk of developing problems with: your eyes, heart, feet, nerves, kidneys and liver.

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The following can increase your risk of developing Type 2 Diabetes

- Carrying excess body fat
- How active you are
- Some medicines
- Your genetics
- Where you live, work and play, and how they affect your eating and activity

You can be more at risk of developing type 2 diabetes if you:

- Have a diagnosis of pre-diabetes
- Overweight or obese
- Close relatives have diabetes
- Polycystic ovary syndrome (PCOS)
- Have gestational diabetes during pregnancy
- Being physically active for less than 30 minutes on most days
- History of heart disease
- Member of the Traveller Community
- Are of Hispanic, African Caribbean, Black African, Chinese or South Asian origin
- When your body stores too much iron known as hemochromatosis
- Medical condition that requires long-term steroid use

Things you can do to manage type 2 diabetes

1. Eat healthy foods such as:

- Eat oily fish like salmon, sardines, mackerel, trout, kippers and pilchards
- Fruit, salad and vegetables
- Milk, cheese and yogurt
- Chicken, turkey & lean meat
- Pulses – peas, kidney beans, beans, butter beans and chickpeas
- Cereals, pasta and wholegrain breads
- Small portions of nuts and seeds
- Healthy fats and oils – rapeseed, sunflower and olive oil

Reduce the amount of processed foods that are high in salt, sugar and fat and are low in nutrients

for example:

- | | | |
|---------------------------|----------------------------|-------------|
| • Packet soups | • Ham | • Chocolate |
| • Crisps | • Tarts, pies and pastries | • Pastries |
| • Sausages | • Takeaways | • Fudge |
| • Black and white pudding | | |

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2. Managing your weight and by being physically active 150 minutes per week by doing:

A moderate-intensity activity such as:

- Cycling, gardening, dancing & brisk walking
- Muscle strengthening or resistance exercises:
 - Yoga
 - Pilates
 - Climbing lifting children or heavy items
 - Wheeling a wheelchair
 - Lifting weights
 - Using resistance bands
 - Body weight exercises
 - Sitting less

3. Taking medicines if needed

4. Quitting smoking [support to quit smoking](#)

5. Limiting alcohol

6. Minding your mental health

Supports

Diabetes Ireland

This is a national charity that is dedicated to providing education, support and motivation to people with diabetes.

Email: info@diabetes.ie

Website: info@diabetes.ie

Phone: 01 842 8118