WOMEN, DIABETES & HEART HEALTH

14.9 million* women have diabetes
*Includes diagnosed and undiagnosed

13.2% of African-American women have diabetes
11.7% of Hispanic-American women have diabetes
That is 2x the prevalence of diabetes among Caucasian women

3.1 million women who have diabetes are undiagnosed
39.5 million women have pre-diabetes

Signs & Symptoms
- Feeling more tired than usual
- Urinating more than usual
- Extreme thirst
- Blurry vision
- Feeling hungrier than usual
- Losing weight without trying
- Dry, itchy skin
- Tingling in hands or feet

Diabetes + Heart Health

Almost 7 out of 10 people with diabetes over age 65 will die due to heart disease

Women with diabetes are 40% more likely to develop heart disease
Women with diabetes are 25% more likely to have a stroke than men

Risk factors for type 2 diabetes:
- being overweight
- 45 years or older
- family member with Type 1 or Type 2 diabetes
- race/ethnicity
- had gestational diabetes before
- smoking
- high blood pressure


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