

Data description

[Linguistics](#), [English](#)



Data on Diabetes Diabetes is basically a group of diseases which is marked by significant increase in the level of blood glucose that results either from deficiency in production of insulin or insulin action or even both. The most commonly found types of Diabetes are type 1, type 2 and gestational diabetes. It has caused serious complications and death at premature level but when people with this disease take preventive measures they can reduce their complication's risk by a considerable amount.

According to Centers for Disease Control and Prevention (2011), about 25.8 million Americans are diagnosed with Diabetes which is approximately 8.3% of the total U. S. population and more than seven million are unaware of the fact that they are suffering from this disease. In the year 2010, 1.9 million of people who had ages of 20 and even older were detected to be Diabetic patients. It is projected that about 79 million adults who are aged either twenty years or older have pre-diabetes; it is a situation in which the levels of blood glucose are higher as compared to normal range but not too high to be labeled as diabetes.

In order to fight against Diabetes, people will have to take precautionary measures such as living a healthy life, developing and following a well-balanced and nutritious meal plan, increasing physical activity so that weight remains under control and following the doctor's advice appropriately. Hence, Diabetes is a curable disease that can be managed properly if self-care techniques are implemented effectively.

Work Cited

Centers for Disease Control and Prevention. " National diabetes fact sheet: National estimates and general information on diabetes and pre-diabetes in

the United States, 2011.” CDC. gov. CDC, February 2011. Web. 10 January 2013.