



Know The Difference

T1D

Type 1 Diabetes

Is an **autoimmune disease** with potential ties to genetic and environmental factors.

People with T1D **cannot produce insulin**.

Cannot currently be prevented.

Requires insulin through multiple daily injections or infusion through insulin pump.

Counting carbohydrates in food and regular physical exercise are important in T1D management.

1.4MM

Americans Diagnosed

Source: T1D Index

T2D

Type 2 Diabetes

Tied to **metabolism and genetic susceptibility**.

People with T2D **still produce insulin**, but their bodies do not use it as effectively as they should be able to.

Largely prevented or delayed through diet and exercise.

Treatment varies on an individual basis. Often begins with dietary modifications, exercise and oral medicines. Some individuals with T2D take insulin shots or wear an insulin pump.

Reducing carbohydrate intake and regular physical exercise are important in T2D management.

37MM

Americans Diagnosed

Source: CDC



Diabetes causes kidney, eye, cardiovascular and nerve diseases.

Complications are not inevitable. Tight blood-sugar control is the only method demonstrated to reduce the risk of developing complications.

2022

Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting jdrf.org/donate.

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