

# Frequently Asked Questions (FAQs)

## What is type 2 diabetes?

Type 2 diabetes occurs when the pancreas does not make enough insulin, or the insulin it does make does not work very well (known as insulin resistance). This results in too much glucose in the bloodstream. Over time too much glucose in the bloodstream can cause serious health complications.

Anyone can develop type 2 diabetes: adults, young adults and even children, but it becomes more common as you age. Type 2 diabetes results from a combination of genetic and environmental factors.

## How is type 1 diabetes different from type 2 diabetes?

Type 1 diabetes is an autoimmune condition where the body's defence system mistakenly destroys the cells in the pancreas that make insulin. People living with type 1 diabetes need to administer insulin daily through an injection or a pump to stay well. Type 2 diabetes does not involve autoimmunity. Type 2 diabetes develops due to a range of different factors, such as genetics, environment and age.

## Can children and young adults get type 2 diabetes?

Type 2 diabetes is usually more commonly seen in middle-age or older adults. But with the rise of obesity in children, it is now also being diagnosed in young people, in particular among Aboriginal and Torres Strait Islander youth and children with non-European backgrounds.

## How do people manage type 2 diabetes?

Type 2 diabetes can be managed with healthy eating, regular physical activity and medications if needed. Research has shown that in many cases weight loss can slow the progression of type 2 diabetes, or even lead to remission.

## Can anything be done to prevent type 2 diabetes in young people?

Unlike type 1 diabetes, the early development of type 2 diabetes in young people can be prevented with the help of healthy lifestyle habits through eating the recommended foods and getting regular physical exercise.