**DIABETES**

Diabetes occurs when the body can't make enough insulin, or the insulin the body makes does not work properly. Insulin is produced by the pancreas. Type 2 diabetes is a complex disease associated with a number of risk factors including family history, overweight, obesity, aging, and a sedentary lifestyle. According to the American Diabetes Association, consuming too much sugar does not cause diabetes. It is important to remember that consuming too many calories from any combination of foods and beverages in the diet, in the absence of expending enough calories to maintain energy balance, can lead to overweight and obesity. All caloric counts, whatever food or beverage they come from, including those from our caloric beverages.

**Key Facts:**
- Diabetes is a chronic disease that occurs when a person's body can't make enough insulin, or the insulin the body makes does not work properly. Insulin is produced by the pancreas. (International Diabetes Federation http://www.idf.org/about-diabetes)
- Type 1 diabetes is usually diagnosed during childhood. It is believed to be an autoimmune disease and is not preventable. Type 2 diabetes usually occurs in adults and is generally associated with overweight and obesity. Type 2 diabetes is now being identified in children and adolescents. International Diabetes Federation http://www.idf.org/node/1052?unode=3B9689B0-C026-2FD3-879219B2881892E7
- The International Diabetes Federation lists the risk factors for type 2 diabetes as overweight/obesity, aging, ethnicity, family history of diabetes, previous gestational diabetes and a sedentary lifestyle. Sweetened beverages are not included among the risk factors. (http://www.idf.org/about-diabetes)
- To prevent type 2 diabetes, the International Diabetes Federation states that lifestyle changes aimed at weight control and increased physical activity are important objectives. (http://www.idf.org/prevention)
- According to the American Diabetes Association, people with pre-diabetes can help prevent the development of type 2 diabetes through 30 minutes per day of moderate physical activity, combined with a 5 to 10 percent reduction in body weight. (http://www.idf.org/prevention/pre-pre-diabetes.html)
- Gestational diabetes is a type of diabetes that some women develop during pregnancy. It is not known why some women develop this condition, but it does place them at greater risk for developing type 2 diabetes later in life. (International Diabetes Federation http://www.idf.org/who-gets-diabetes)

**FAQ:**
- **Q:** How is diabetes defined? **A:** Diabetes is a chronic disease that occurs when a person's body can't make enough insulin, or the insulin the body makes does not work properly. Insulin is produced by the pancreas. Type 2 diabetes is a complex disease associated with a number of risk factors including overweight and obesity. Type 2 diabetes is now being identified in children and adolescents.
- **Q:** What is the difference between type 1 and type 2 diabetes? **A:** Type 1 diabetes is usually diagnosed during childhood. It is believed to be an autoimmune disease and is not preventable. Type 2 diabetes usually occurs in adults and is generally associated with overweight and obesity. Type 2 diabetes is now being identified in children and adolescents.
- **Q:** Is it true that the sweeteners in beverages can cause diabetes? **A:** Diabetes occurs when the body can't make enough insulin, or the insulin the body makes does not work properly. Insulin is produced by the pancreas. Type 2 diabetes is a complex disease associated with a number of risk factors including overweight, obesity, aging, and a sedentary lifestyle. According to the American Diabetes Association, consuming too much sugar does not cause diabetes. It is important to remember that consuming too many calories from any combination of foods and beverages in the diet, in the absence of expending enough calories to maintain energy balance, can lead to overweight and obesity. All caloric counts, whatever food or beverage they come from, including those from our caloric beverages.
- **Q:** What are the risk factors for diabetes? **A:** According to the International Diabetes Federation IDF, the known risk factors for diabetes are: overweight/obesity, aging, ethnicity, family history of diabetes, previous gestational diabetes and a sedentary lifestyle. Sweetened beverages are not included among the risk factors identified by the IDF.
- **Q:** How can I lower my risk of developing type 2 diabetes? **A:** Science suggests that the best way to help prevent type 2 diabetes is to adopt an active, healthy lifestyle that includes a sensible, balanced diet and regular physical activity. The goal should be to maintain a normal body weight. A key component is regular, moderate physical activity. According to the IDF, “lifestyle changes aimed at weight control and increased physical activity are important objectives in the prevention of type 2 diabetes.”
- **Q:** What is metabolic syndrome? **A:** It is a cluster of factors that occur together, including a person's risk for heart disease, stroke and diabetes. Experts in the field of metabolic syndrome have stated that it is not logical to make the link between low- and no-calorie sparkling beverages and metabolic syndrome, as diet sparkling beverages do not contain calories.

**References:**

**You asked about beverages and DIABETES**

**What is metabolic syndrome?** I’ve heard that people can get it from drinking diet sparkling beverages? Is this true?

A: Metabolic syndrome is a cluster of factors that occur together, including a person's risk for heart disease, stroke and diabetes. Experts in the field of metabolic syndrome have stated that it is not logical to make the link between low- and no-calorie sparkling beverages and metabolic syndrome, as diet sparkling beverages do not contain calories.

**What is diabetes?** I’ve heard that some women can develop diabetes during pregnancy.

A: Gestational diabetes is a type of diabetes that some women develop during pregnancy. It is not known why some women develop this condition, but it does place them at greater risk for developing type 2 diabetes later in life. (International Diabetes Federation http://www.idf.org/who-gets-diabetes)

**What is the difference between type 1 and type 2 diabetes?**

A: Type 1 diabetes is usually diagnosed during childhood. It is believed to be an autoimmune disease and is not preventable. Type 2 diabetes usually occurs in adults and is generally associated with overweight and obesity. Type 2 diabetes is now being identified in children and adolescents.

**What is the role of diet and physical activity in preventing diabetes?**

A: Diabetes occurs when the body can't make enough insulin, or the insulin the body makes does not work properly. Insulin is produced by the pancreas. Type 2 diabetes is a complex disease associated with a number of risk factors including overweight, obesity, aging, and a sedentary lifestyle. According to the American Diabetes Association, consuming too much sugar does not cause diabetes. It is important to remember that consuming too many calories from any combination of foods and beverages in the diet, in the absence of expending enough calories to maintain energy balance, can lead to overweight and obesity. All caloric counts, whatever food or beverage they come from, including those from our caloric beverages.

**Facts:**
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- To prevent type 2 diabetes, the International Diabetes Federation states that lifestyle changes aimed at weight control and increased physical activity are important objectives. (International Diabetes Federation http://www.idf.org/prevention)
- According to the American Diabetes Association, people with pre-diabetes can help prevent the development of type 2 diabetes through 30 minutes per day of moderate physical activity, combined with a 5 to 10 percent reduction in body weight. In one study, these modest changes in lifestyle reduced the onset of type 2 diabetes by 58 percent. (International Diabetes Federation http://www.idf.org/diabetes-basics/prevention/pre-pre-diabetes/no-to-pre-diabetes.html)
- Gestational diabetes is a type of diabetes that some women develop during pregnancy. It is not known why some women develop this condition, but it does place them at greater risk for developing type 2 diabetes later in life. (International Diabetes Federation http://www.idf.org/who-gets-diabetes)