**MAIN CAUSES OF DIABETES**

The main causes of diabetes vary between the types, the most chronic types of diabetes are Type 1 and Type 2 while the potentially reversible ones are prediabetes and gestational diabetes.

**Type 1 Diabetes Causes**

Type 1 diabetes is caused by an autoimmune reaction, meaning the immune system mistakenly attacks the beta cells in the pancreas that produce insulin. The process can go on for months or years before symptoms appear.

Some causes and risk factors include:

* Genetics: Family history of Type 1 diabetes increases the risk.
* Age: Often starts in childhood but may develop in adults.
* Geography: Most areas have high indices of type 1 diabetes.
* Environmental factors: Exposure to one or more environmental agents, such as viruses, trigger an immune response.

**Type 2 Diabetes Causes**

Type 2 diabetes is brought about when the body’s cells respond poorly to insulin and overtime the pancreas does not produce enough insulin to maintain normal sugar levels.

Some causes and risk factors include:

* Genetics: Family history of Type 2 diabetes increases the risk.
* Obesity: Excess weight, especially around the abdomen, increases insulin resistance.
* Unhealthy diet: High consumption of sugary or high calorie foods increases the risk.
* Age: With age the risk increases, 45years and above.
* Ethnicity: Certain ethnic groups have a high risk especially African American, Hispanic, Asian American.
* Physical inactivity: Lack of exercise.
* Gestational diabetes: Mothers who previously had gestational diabetes are at risk of developing Type 2 diabetes later in life.
* Hypertension