As of 2014, around 387 million people worldwide have diabetes. What is the cause of this disease, and what is the difference between the different types? Here, we take a brief look.

**FOOD, BLOOD SUGAR, & INSULIN**

Eating food, particularly foods high in carbohydrates, increases blood glucose levels. The hormone, insulin, is secreted by the pancreas, and when released into the bloodstream allows cells to take in the glucose and use it to produce energy. Diabetes is a resistance to or lack of insulin.

**TYPE 1 DIABETES**

The immune system attacks insulin-producing cells in the pancreas, until it cannot produce insulin, and it must be injected instead.

**TYPE 2 DIABETES**

The body becomes resistant to insulin's effects, and its production eventually decreases. Exercise and diet can help manage type 2.

**GESTATIONAL DIABETES**

High blood sugar levels can occur during 1 in 25 pregnancies. It usually disappears after childbirth, but can lead to type 2.