

# Are you at risk for diabetes?

### You are more likely to develop diabetes if:

- Overweight
- 45 years old or older
- Fairly inactive
- African American\*
- American Indian\*
- Asian American\*
- Hispanic American/Latino\*
- Pacific Islander\*

\*People of certain racial and ethnic groups are more likely to develop type 2 diabetes than others.

### And you're at higher risk if you:

- Exercise fewer than three times a week
- Have a brother, sister or parent with diabetes
- Gave birth to a baby who weighed more than 9 pounds

### Diabetes combined with the following conditions increases your risk of developing vascular disease - which causes heart attack and stroke:

- Gestational diabetes
- Blood pressure of 140/90 or higher
- Risk of high blood pressure
- HDL cholesterol that is 35 or lower
- Triglyceride levels of 250 or higher

## You can prevent it

A healthy diet, no smoking and regular exercise are the best ways to prevent Type 2 diabetes. But that's not always enough. Talk to your doctor about any factors that put you at risk.



#### Additional resources:

Centers for Disease Control and Prevention: <http://www.cdc.gov/doc/id/0900f3ec802723eb>

American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

National Institute of Diabetes and Digestive and Kidney Diseases: [www.niddk.nih.gov](http://www.niddk.nih.gov)

U.S. National Library of Medicine and National Institutes of Health: <http://www.nlm.nih.gov/medlineplus/ency/article/001214.htm>

Source: National Diabetes Education Program: [http://www.ndep.nih.gov/diabetes/pubs/DPP\\_FactSheet.pdf](http://www.ndep.nih.gov/diabetes/pubs/DPP_FactSheet.pdf)

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.