

Are you at Risk for Diabetes?

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If you answer yes to any of these questions you may be at risk...

Do you have a family history of the disease?

Are you overweight?

Are you 45 or older?

Do you have prediabetes?

Do you have heart disease, high blood pressure, or high cholesterol?

Do you not do enough physical activity on most days?

Have you had gestational diabetes or given birth to a baby over 9 pounds?

Are you of African American, Hispanic or Latino, Native American or Pacific Islander descent?

If you answered yes to any of these questions you may be at risk for diabetes.

Other things may also raise your risk for diabetes. Talk with your healthcare provider about your risk and what you can do to lower it.