

Diabetes

What are your risk factors for developing type 2 diabetes?

To find out your risk for type 2 diabetes, check each item that applies to you:

- I have a parent, brother, or sister with diabetes.
- My family background is African American, American Indian, Asian American, Hispanic, or Pacific Islander.
- I have had gestational diabetes or I gave birth to at least one baby weighing 9 pounds or more.
- I have been told that my blood glucose is higher than normal but not high enough to be diagnosed with diabetes. In other words, I have impaired glucose tolerance or an impaired fasting glucose level.
- I am overweight. My weight is at least 20 percent higher than it should be for my height. (See the body mass index table.)
- I am fairly inactive. I exercise fewer than three times a week.
- My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- My cholesterol levels are not normal. My LDL cholesterol is higher than 100; my HDL cholesterol ("good" cholesterol) is 35 or lower; or my triglyceride level is 250 or higher.