Your risk for type 2 diabetes:

You are at increased risk for type 2 diabetes (high blood sugars). No tool for assessing risk is perfect and only a health care provider can tell for sure if you have increased risk for type 2 diabetes. Talk to a health care provider about whether you need any additional testing.

What is Type 2 diabetes?

Type 2 diabetes is a health condition in which blood sugar levels are too high. It is a very common health condition. You can develop type 2 diabetes at any age. Diabetes can increase your risk for heart, kidney, eye, and nerve problems.

Risk Factors

Having a risk factor does not mean that you will get type 2 diabetes. Risks include:

- Age 45 or older
- Being overweight
- Having a brother, sister or parent with type 2 diabetes
- Being of African American, Hispanic/Latino, American Indian and Alaska Native, Asian American or Pacific Islander ancestry
- Having diabetes during pregnancy or giving birth to a baby weighing more than 9 lbs
- Being physically active less than three times a week
- Certain medical conditions

Next Steps

Please talk to a health care provider about your risk!

Type 2 diabetes can be tested easily by checking your blood sugar level after you have not eaten overnight. A health care provider can help you to decide if you should be tested. In the meantime, try to eat a balanced diet and increase your level of physical activity. Small changes in diet and exercise can help reduce your risk for type 2 diabetes.

For more information call 1–800–860–8747 or visit the National Diabetes Information Clearinghouse at:

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