

Check off how many risk factors you have.

You are more likely to get type 2 diabetes if you:

- Are overweight, especially if you have extra weight around your waist.
- Have a parent, brother, or sister with diabetes.
- Are Latino, African American, American Indian, Asian American, or Pacific Islander.
- Have had diabetes while pregnant (gestational diabetes).
- Have given birth to a baby weighing 9 pounds or more.
- Have high blood pressure:
 - Your blood pressure is 140/90 mmHg or higher, or
 - A health care provider has told you that you have high blood pressure.
- Have cholesterol levels that are not normal:
 - Your HDL cholesterol (good cholesterol) is 35 mg/dL or lower, or
 - Your triglyceride level is 250 mg/dL or higher.
- Are physically active fewer than three times a week.

