

# Are You at Risk for Type 2 Diabetes?

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Name: \_\_\_\_\_

Check the risk factors you have. The more risk factors you check, the higher your risk for developing type 2 diabetes. Only your health care provider can determine if you have diabetes. On your next visit, find out for sure.

- I am overweight (especially if I have extra weight around the waist).
- I have a parent, brother, or sister with diabetes.
- My family background is Latino, African American, American Indian, Asian American, or Pacific Islander.
- I have had gestational diabetes, or I gave birth to at least one baby weighing 9 pounds or more.
- My blood pressure is 140/90 mmHg or higher, or I have been told by a health care professional that I have high blood pressure.
- My cholesterol levels are not normal. My HDL cholesterol (“good” cholesterol) is 35 mg/dL or lower, or my triglyceride level is 250 mg/dL or higher.
- I do very little physical activity. I exercise fewer than three times a week.