



Are You at Risk for Type 2 Diabetes?

Check your risk factors

The more risk factors you have, the higher your risk for developing type 2 diabetes. Only your health care provider can determine if you have diabetes. On your next visit, talk to your health care provider about getting tested for diabetes.

- I'm overweight (especially around the waist).
- I have a parent, brother, or sister with diabetes.
- My family background is African American, Hispanic/Latino American, Alaska Native, American Indian, Asian American, Native Hawaiian, or Pacific Islander.
- I have had gestational diabetes or I gave birth to a large baby (weighing 9 pounds or more).
- I'm not physically active.
- I have depression.
- I have polycystic ovary syndrome (PCOS).
- I have acanthosis nigricans (dark, thick, and velvety skin around your neck or armpits).

