Are you at risk?

Does anyone in your family have diabetes?
Your risk increases if a parent or sibling has been diagnosed with diabetes. If you had gestational diabetes or gave birth to at least one baby weighing more than 9 pounds, you are also at a higher risk.

Are you overweight and exercise infrequently?
The less active you are, the greater the risk. Physical activity helps maintain a healthy weight, use up glucose as energy, and makes your cells more sensitive to insulin. The more body fat you have, the more resistant your cells become to insulin.

Are you an older-aged adult?
Your risk increases as you get older.

Do you have high blood pressure or abnormal cholesterol levels?
Your risk increases if you have high blood pressure (140/90 mm Hg or higher). Abnormally low levels of high-density lipoprotein (HDL), or “good” cholesterol, and high triglyceride levels also increases your risk.

If you answered yes to any of these questions, you may be at risk for developing type 2 diabetes. If you’re unsure, schedule an appointment with your doctor.

To learn ways to lower your risk, visit us at SummitHealth.org/DiabetesLivesHere