WHO’S AT RISK
for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren’t any symptoms. That’s why it makes sense to know the risk factors:

- 45+ years old
- Physically active less than 3 times/week
- Family history of type 2 diabetes
- High blood pressure
- History of gestational diabetes*
- Overweight

*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

DID YOU KNOW...

African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.

If you have any of the risk factors, ask your doctor about getting your blood sugar tested.