

# 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



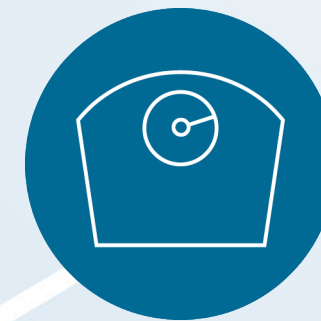
Family history of type 2 diabetes



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.**

