

You're at a **lower risk** for having prediabetes or type 2 diabetes. Although your current risk is low, you do have some risk factors for prediabetes or type 2 diabetes. No tool for assessing risk is perfect and if you are concerned about your risk for type 2 diabetes, talk to your health care provider to see if you need additional testing.

Type 2 diabetes, formerly called adult-onset or non-insulin dependent diabetes, is the most common form of diabetes. People can develop type 2 diabetes at any age, even during childhood. This form of diabetes usually begins with insulin resistance, a condition in which fat, muscle, and liver cells do not use insulin properly. At first, the pancreas keeps up with the added demand by producing more insulin. In time, however, it loses the ability to secrete enough insulin in response to meals. People who are overweight and inactive are more likely to develop type 2 diabetes. Treatment includes taking diabetes medicines, making wise food choices, exercising regularly, controlling blood pressure and cholesterol, and, for some, taking aspirin daily.

For more information on type 2 diabetes please visit the National Institute of Diabetes and Digestive and Kidney Disease's National Diabetes Information Clearinghouse at:

<http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/>

and:

<http://ndep.nih.gov/am-i-at-risk/family-history/index.aspx#main>