

WHAT ARE THE DIABETES RISK FACTORS

Certain factors increase your risk for diabetes.

-Type 1 diabetes.

You're more likely to get type 1 diabetes if you're a child or teenager, you have a parent or sibling with the condition, or you carry certain genes that are linked to the disease.

-Type 2 diabetes.

Your risk for type 2 diabetes increases if you:

- Are overweight
- Are age 45 or older
- Have a parent or sibling with the condition
- Aren't physically active
- Have had gestational diabetes
- Have prediabetes
- Have high blood pressure, high cholesterol, or high triglycerides
- Have African American, Hispanic or Latino American, Alaska Native, Pacific Islander, American Indian, or Asian American ancestry

-Gestational diabetes.

Your risk for gestational diabetes increases if you:

- Are overweight
- Are over age 25
- Had gestational diabetes during a past pregnancy
- Have a given birth to a baby weighing more than 9 pounds
- Have a family history of type 2 diabetes
- Have polycystic ovary syndrome (PCOS)