**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)