

Are you **AT RISK** for **TYPE 2 DIABETES?**



FOR EVERY QUESTION YOU ANSWER YES, YOUR RISK FOR DEVELOPING TYPE 2 DIABETES INCREASES.

Some of the risk factors you can't control but some you can. Regular exercise, a balanced diet, and maintaining a healthy weight could prevent or delay the onset of diabetes.

	Yes
Are you 45 or older?	<input type="checkbox"/> 
Do you have close relatives with diabetes?	<input type="checkbox"/> 
Do you have a history of gestational diabetes?	<input type="checkbox"/> 
Is your ethnic background African-American, Asian-American, Latino/Hispanic-American, Native American or Pacific Islander?	<input type="checkbox"/> 
Are you overweight?	<input type="checkbox"/> 
Do you exercise LESS THAN 30 minutes a day, five days a week?	<input type="checkbox"/> 
Do you have high blood pressure?	<input type="checkbox"/> 
Do you have high cholesterol?	<input type="checkbox"/> 
Do you smoke?	<input type="checkbox"/> 

Talk with your health care professional about any of the health conditions listed that may require medical treatment.