TYPE 2 DIABETES AND FAMILY HEALTH HISTORY

WHAT IS A FAMILY HEALTH HISTORY?

It is a record of any serious health conditions that you and your family members currently have and/or have had in the past (parents, brothers, sisters, children, and other blood relatives). A family health history shows the pattern of certain diseases in a family, and points to risk factors for those and other diseases.

HOW DO YOU KNOW IF YOU ARE AT RISK?

If you have a family history of type 2 diabetes, you are at much greater risk of developing the disease yourself

 People with a family history of type 2 diabetes have the most to gain from lifestyle changes and screening tests

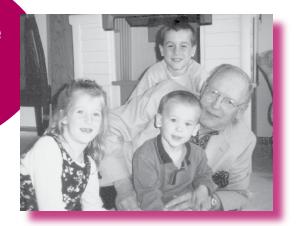
Even if you do not have a family history of type 2 diabetes, you may still be at risk

- One third of Minnesotans who have diabetes do not even know it
- More than 1 million Minnesotans have prediabetes, and most do not know it

WHAT PUTS YOU AT RISK?

- Family history of type 2 diabetes
- Age 45 years and older
- Overweight
- African-American, American Indian, Hispanic / Latino American, Asian American or Pacific Islander descent
- History of gestational diabetes or given birth to a baby weighing over 9 pounds
- History of heart disease, high blood pressure or high cholesterol

The good news is that you can prevent or delay type 2 diabetes with moderate improvements in physical activity and nutrition, even if you have a family history or already have prediabetes!





FIVE STEPS YOU CAN TAKE TO REDUCE YOUR RISK OF TYPE 2 DIABETES

You cannot change your body's genetic make-up, but you can change behaviors that negatively affect your health, such as smoking, inactivity and poor eating habits.

1. Know your risk and get screened for type 2 diabetes

- If you are 45 years and older and have a family history of diabetes or other risk factors, you should be screened for diabetes and prediabetes every year
- Talk to your healthcare provider about your risk of diabetes, including family history

2. Be active every day

Almost 50 % of adult Minnesotans get little or no exercise. Set realistic goals to start, such as walking 10 minutes, 3 times a day or 10 minutes, 3-5 days a week

3. Make better food choices

Eat a balanced diet most days, with fruits, vegetables, whole grains, low-fat dairy products and lean meats

4. Watch your weight

More you are overweight, greater your risk. Lose weight if you are overweight – even 10 pounds makes a difference

5. Watch your blood pressure and cholesterol

Get checked at least once a year. If you have high blood pressure (140/90 or higher) or abnormal lipids (triglycerides 250 or higher, or HDL 40 or lower for men, 50 or lower for women), ask your healthcare provider about medicines you may need

FOR MORE INFORMATION ABOUT PREVENTING TYPE 2 DIABETES:

Small Steps, Big Rewards: Prevent Type 2 Diabetes

http://ndep.nih.gov/campaigns/SmallSteps/SmallSteps_index.htm 1-800-438-5383

Diabetes & Me: Prevent Diabetes http://www.cdc.gov/diabetes/prevent.htm

The Heart of Diabetes: Family History Tree http://www.s2mw.com/aha/fht/index.aspx

Diabetes Prevention http://www.diabetes.org/diabetes-prevention.jsp 1-800-DIABETES (1-800-342-2383)



CREATE A FAMILY HISTORY PORTRAIT:

U.S. Surgeon General's Family History Initiative: My Family Health Portrait http://www.hhs.gov/familyhistory/

Your Family Health History...

Know your past Act in the present Protect your future