

# 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](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