What is a family health history?

A family health history is a portrait of the shared lives and health of your extended family.

Screening recommendations

... for individuals WITH A FAMILY HISTORY of type 2 diabetes

TestingModule should be considered at a younger age or carried out more frequently if a person has a first-degree relative (parent, sibling, or child) who had/has type 2 diabetes.

Talk to your health care provider about your family health history to make a personalized plan to maintain your health.

... for individuals WITH NO KNOWN FAMILY HISTORY of type 2 diabetes

Anyone 45 years and older should consider being screened for diabetes with a fasting glucose test or a glucose tolerance test.

Individuals age 45 and older and overweight should be screened with a fasting glucose test or a glucose tolerance test.

A health care provider should tell individuals younger than 45, who are overweight and may have other risk factors, about the risks of diabetes and discuss testing options with them.

Individuals with hypertension or high cholesterol should be screened for type 2 diabetes with a fasting glucose test or a glucose tolerance test.
Type 2 diabetes risk factors and what you can do about them

**Things you can change**

- **Obesity**: Greater weight leads to greater risk
- **Diet**: A diet high in fat and calories and low in whole grains, vegetables, and fruits increases risk
- **Exercise**: An inactive lifestyle increases risk
- **Abnormal cholesterol levels**: Increases risk

**Things you can’t change**

- **Family history**: Children or siblings of individuals with diabetes are more likely to develop it themselves
- **Age**: People 45 and older are at increased risk
- **Race/Ethnicity**: African-Americans, American Indians, Hispanic and Latino Americans, and Pacific Islanders are at increased risk
- **Sex**: Women have higher risk than men
- **Hypertension**: Increases risk
- **Gestational diabetes or giving birth to a baby weighing greater than nine pounds**: Increases risk
- **Personal history of vascular disease**: Increases risk
- **Personal history of polycystic ovary syndrome or acanthosis nigricans**: Increases risk

What can you do if you have a family history of type 2 diabetes?

- Lose weight if you are overweight
- Eat a balanced diet including fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean meats
- Be active
- Get earlier screening
- See your health care provider for cholesterol screening and management
- Talk to your health care provider about your family health history of diabetes
- Make a plan to preserve your health

**Sources**


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