

Don't **RISK** diabetes

Who is at risk of type 2 diabetes?

Type 2 diabetes prevalence rates are higher in:

People who have a family history of type 2 diabetes

Children who have a parent with type 2 diabetes are two to four times more likely to develop the disease than the average population. If both parents have type 2 diabetes, the likelihood of their children developing it increases to one in two.

Women with gestational diabetes

Gestational diabetes is a form of diabetes that occurs in around five per cent of pregnancies. In the majority of women it disappears after the birth but significantly increases a woman's risk of developing type 2 diabetes later in life.

People who are overweight

People classified as overweight are twice as likely to develop type 2 diabetes while people who are obese are four times as likely to develop diabetes as people in the normal weight range.

People from culturally and linguistically diverse backgrounds

Groups at particular risk include people from the Pacific Islands, Indian sub-continent and South/Southeast Asian backgrounds.

Men

Men have a higher incidence of type 2 diabetes than women and more men are overweight or obese, increasing their risk of developing type 2 diabetes.

People who are inactive

Physical inactivity increases the risk of developing type 2 diabetes.

People with pre-diabetes

People with blood glucose levels that are higher than normal but not high enough for a diagnosis of type 2 diabetes are 10 to 20 times more likely to develop type 2 diabetes than those with normal blood glucose levels.

Aboriginal and Torres Strait Islander people

Aboriginal people are six times more likely to develop type 2 diabetes than the rest of the community.

Don't be the **TYPE** to leave it too late

To find out more call **1300 136 588**