

Know Your Risk for Type 2 Diabetes

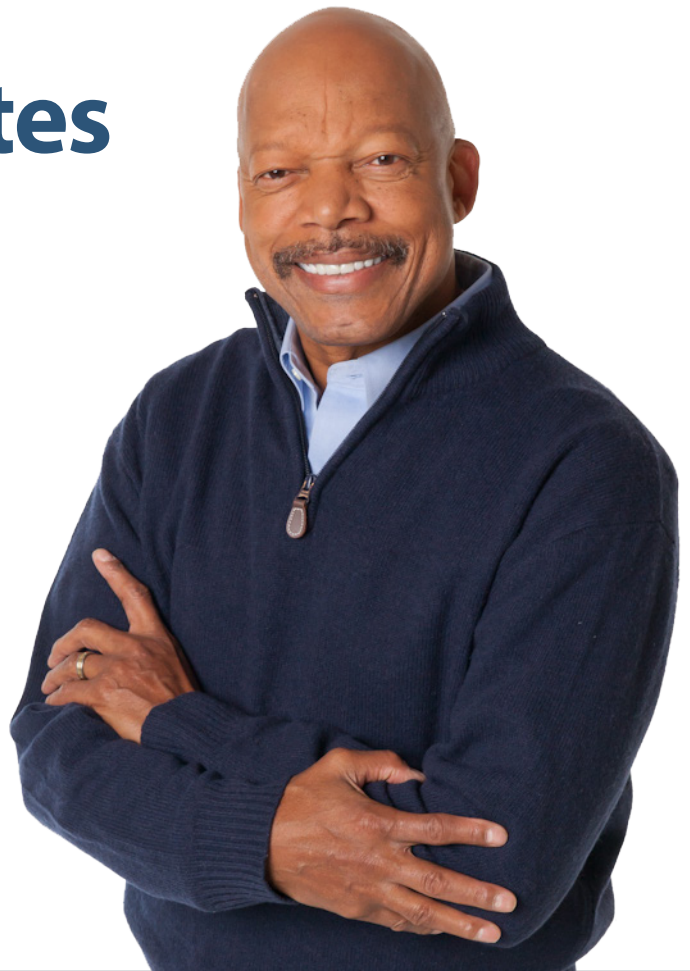
Prediabetes

This is a condition where your blood sugar level is above normal. Prediabetes means you have a higher risk for developing Type 2 diabetes.

Type 2 diabetes

This condition is the most common form of diabetes. This condition happens when a person's body doesn't make enough of the hormone insulin, or it doesn't use insulin correctly.

If diabetes isn't controlled, it can have serious health consequences, including blindness, kidney disease or heart disease.



Risk factors for type 2 diabetes

Some risk factors you can't change are:

- Age of 45 or older
- Race/ethnicity - African American, Hispanic/Latino, American Indians, Asian Americans, Pacific Islanders
- Family history of diabetes
- Diabetes when you were pregnant

But there are also risk factors that you can change:

- Being overweight or obese
- Low activity level
- Unhealthy diet
- High blood pressure
- High cholesterol

Talk to your doctor about your risk for prediabetes or type 2 diabetes.

You can help prevent type 2 diabetes with a healthy diet and physical activity. If you're at risk, ask your doctor about the **Diabetes Prevention Program (DPP)** - a one year program led by a trained lifestyle coach. This program provides a supportive group environment where you will:

- Learn how to make healthy food choices
- Add physical activity into your daily routine
- Manage stress

This program may be free or offered at a reduced cost based on your income or the DPP location. Contact a local program to learn more.

Find local DPP locations and learn more about diabetes by visiting:

www.mass.gov/dph/preventdiabetes

