

# 10 Factors

## that May Increase Your Risk of **Type 2 Diabetes**

- 1 Weight.** Being overweight is a main risk factor for type 2 diabetes. However, you don't have to be overweight to develop type 2 diabetes.
- 2 Fat Distribution.** If you store fat mainly in the abdomen, you have a greater risk of type 2 diabetes than if you store fat elsewhere, such as in your hips and thighs. Your risk of type 2 diabetes rises if you're a man with a waist circumference above 40 inches (101.6 centimeters) or a woman with a waist that's greater than 35 inches (88.9 centimeters).
- 3 Inactivity.** The less active you are, the greater your risk of type 2 diabetes. Physical activity helps you control your weight.
- 4 Family History.** The risk of type 2 diabetes increases if your parent or sibling has type 2 diabetes.
- 5 Race or ethnicity.** Although it's unclear why, certain people – including Black, Hispanic, American Indian and Asian American people – are at higher risk.
- 6 Age.** The risk of type 2 diabetes increases as you get older, especially after age 45. That's probably because people tend to exercise less, lose muscle mass and gain weight as they age. But type 2 diabetes is also increasing dramatically among children, adolescents and younger adults.
- 7 Prediabetes.** Prediabetes is a condition in which your blood sugar level is higher than normal, but not high enough to be classified as diabetes. Left untreated, prediabetes often progresses to type 2 diabetes.
- 8 Gestational Diabetes.** If you developed gestational diabetes when you were pregnant, your risk of developing type 2 diabetes increases. If you gave birth to a baby weighing more than 9 pounds (4 kilograms), you're also at risk of type 2 diabetes.
- 9 Polycystic Ovarian Syndrome.** For women, having polycystic ovarian syndrome – a common condition characterized by irregular menstrual periods, excess hair growth and obesity – increases the risk of diabetes.
- 10 Areas of darkened skin, usually in the armpits and neck.** This condition often indicates insulin resistance.

