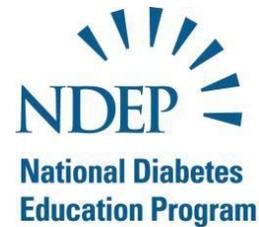


Four Questions You Should Ask Your Family About Health History

NDEP encourages you to ask your family these key questions to help you learn about your family health history and your risk for type 2 diabetes.

- Does anyone in the family have type 2 diabetes? Who has type 2 diabetes?
- Has anyone in the family been told they might get diabetes?
- Has anyone in the family been told they need to lower their weight or increase their physical activity to prevent type 2 diabetes?
- Did your mother get diabetes when she was pregnant? This is also known as gestational diabetes (GDM).

If the answer to any of these is yes, or you have a mother, father, brother, or sister with type 2 diabetes, you may be at an increased risk for developing type 2 diabetes. Talk to your doctor and visit www.yourdiabetesinfo.org/familyhistory or call 888-696-NDEP to learn more about managing your risk and preventing or delaying type 2 diabetes.



A program of the National Institutes
of Health and the Centers for
Disease Control and Prevention

Print this document out and bring it along to your next family gathering to help get the conversation started.