Type 2 diabetes
Know the risk factors



An estimated 635 million adults are at high risk of type 2 diabetes. Symptoms can be mild or absent, which means the condition can go undetected for years.

Early detection and action can reduce the risk or delay the progression to type 2 diabetes and related complications.

Age

The risk of type 2 diabetes increases for those over 35 years old.

Prediabetes

Higher-than-normal blood glucose increases risk.

Ethnicity

Type 2 diabetes is 2 to 4 times more likely in people of South Asian, African-Caribbean and Black African descent.

Family history

People with a parent, sibling, or child with diabetes are 2 to 6 times more likely to develop type 2 diabetes.

Unhealthy diet and inactivity

Diets rich in carbohydrates, fat and calories, and a sedentary lifestyle increases type 2 diabetes risk.

Overweight or obesity

A high waist measurement, or being overweight increases the risk of type 2 diabetes.

High blood pressure

Type 2 diabetes risk is greater when living with hypertension (high blood pressure).

Pregnancy history

Gestational diabetes can increase future risk of type 2 diabetes for mother and child.

Take our online risk assessment to learn your risk and the action you can take to reduce it.

Don't delay, learn your risk today at **worlddiabetesday.org**

#ActEarlyOnDiabetes

A campaign led by the International Diabetes Federation

world diabetes day
14 November

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