

Diabetes! Are you at Risk?

There are many risk factors to developing diabetes. They can be divided into two groups:

1. Factors that you can change are:

- Overweight or obesity
- Expanding waistline (>80cm in women & >94cm in men)
- High blood pressure
- Have heart disease or have had a heart attack
- Get less than 30 min of moderate intensity physical activity a day.

Others you can't change:

- Over 55 years of age
- Over 45 years of age and have immediate family with type 2 diabetes/high blood pressure/overweight
- Over 35 years of age and from Aboriginal/Torres Strait Islander/Pacific Islander/Indian subcontinent/Chinese background
- Have had high glucose levels at anytime
- Have history of polycystic ovarian disease

You can not change your risk factors like age and your genetic background BUT you can do something about being overweight, your waist measurement, how active you are, eating habits, alcohol intake or smoking.

See the Fact Sheets on these topics or join the Stepping Away From Diabetes Program today and reduce your risk of developing Type 2 Diabetes.