

Take the Family Health History Quiz

Family Health History Quiz

1. True or false? If my parent or sibling has **type 2 diabetes**, I am at an increased risk to develop type 2 diabetes. [Hide answer](#)
2. True or false? My mother has been told by her health care team that she is at high risk for diabetes, or that she has **prediabetes**, so she will get diabetes very soon. [Hide answer](#)
3. True or false? **Type 2 diabetes** runs in my family, so there is nothing I can do to prevent getting the disease. [Hide answer](#)
4. True or false? My mother was diagnosed with diabetes when she was pregnant with me so she and I are both at an increased risk for developing diabetes. [Hide answer](#)

Answers

1. True - A family history of type 2 diabetes is a strong risk factor for the disease. If you have a mother, father, brother, or sister with diabetes, you are at risk for type 2 diabetes. But even if you have a family history of type 2 diabetes, there are many things you can do to lower your risk. If you're overweight, losing five to seven percent of your body weight (for example, 10 pounds if you weigh 200 pounds) by exercising 30 minutes a day, five days a week and making healthy food choices can help to prevent or delay type 2 diabetes.

Check out these resources for more information:



Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes (NDEP-60) This three-booklet package helps people assess their risk for developing diabetes and implement a program to prevent or delay the onset of the disease.



Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes (NDEP-76) Tips to help people at risk for type 2 diabetes move more and eat less to lower their risk for diabetes. [See more resources to help you and your family prevent or delay type 2 diabetes >](#)

2. False - Studies have shown that people at high risk for diabetes or with **prediabetes** can turn back the clock to delay or even prevent a diagnosis of diabetes by losing five to seven percent of your body weight if overweight (for example, 10 pounds if you weigh 200 pounds). You and your family can lose a modest amount of weight through simple lifestyle changes, such as increasing physical activity to about 30 minutes a day, five days a week and making healthy food choices. For some people with prediabetes, intervening early can actually return elevated blood **glucose** (also called blood sugar) levels to the normal range.

Check out these resources for more information:



It's Not Too Late to Prevent Diabetes (NDEP-75) This tip sheet includes tips to help older adults at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.



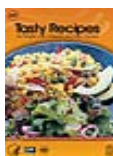
Choose More than 50 Ways to Prevent Type 2 Diabetes (NDEP-71) Tips to help African Americans at risk for type 2 diabetes move more and eat less to lower their risk for diabetes. [See more resources to help you and your family turn back the clock >](#)

3. False - Even though a family history of type 2 diabetes is a strong risk factor for developing the disease, some of this risk is a result of lifestyle. Being overweight, making unhealthy food choices, and not getting enough exercise can increase your risk for type 2 diabetes. If you are overweight, losing five to seven percent of your body weight (for example, 10 pounds if you weigh 200 pounds) by making healthy food choices and increasing physical activity to about 30 minutes a day, five days a week can help lower your risk for type 2 diabetes. Adopting healthy habits as an individual or as a family is good for everyone.

Check out these resources to help you lower your diabetes risk:



[Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs](#) (NDEP-74EN) This resource, available in 16 languages, includes tips to help Asian Americans and Pacific Islanders at risk for type 2 diabetes move more and eat less to help lower their risk for diabetes.



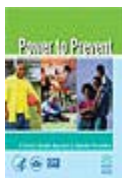
[Tasty Recipes for People with Diabetes and Their Families. Recipe Booklet](#) (NDEP-51) A bilingual booklet, Tasty Recipes is filled with recipes specifically designed for Latin Americans. Recipes are accompanied by their nutritional facts table. The booklet also includes diabetes health information and resources. This effective, yet practical, educational promotional tool is a terrific addition to any kitchen. [See more resources to help you and your family prevent or delay type 2 diabetes >](#)

4. True - When a woman gets diabetes during pregnancy, called [gestational diabetes](#), she is at an increased risk for developing diabetes for the rest of her life. Additionally, her child is at an increased risk for becoming obese and for developing type 2 diabetes for the rest of his or her life. But there are many ways to lower this risk for both mother and child.

Check out these resources to help you lower your diabetes risk:



[Did You Have Gestational Diabetes When You Were Pregnant? What You Need to Know](#). NDEP-88) This tip sheet can help women with a history of gestational diabetes prevent or delay type 2 diabetes and lower their children's risk for developing the disease.



[Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention](#) NDEP-69ENT) This curriculum can be used by small groups to learn how to make healthy lifestyle changes around food and physical activity to prevent and manage diabetes. There is a CD-ROM with the kit that has files for NDEP materials used together with the curriculum.

[Learn How to Prevent Type 2 Diabetes in Your Family](#)

For additional information and resources contact the National Diabetes Education Program (NDEP) online at www.ndep.nih.gov/am-i-at-risk/family-history/#main or by telephone at 1-888-693-NDEP (6337) or Alabama Diabetes Program online at www.adph.org/diabetes or by telephone at 334-206-5300.

