

Minnesota Department of Health

Type 2 Diabetes and Family Health History

Screening for Individuals Without a Family History

- ◆ Anyone 45 years and older should consider being screened for diabetes with a fasting glucose test or a glucose tolerance test.¹
- ◆ Individuals age 45 and older and overweight should be screened with a fasting glucose test or a glucose tolerance test.¹
- ◆ A healthcare worker should tell individuals younger than 45, who are overweight and may have other risk factors, about the risks of diabetes and discuss testing options with them.¹
- ◆ Individuals with hypertension or hyperlipidemia should be screened for type 2 diabetes with a fasting glucose test or a glucose tolerance test.²

¹ American Diabetes Association and National Diabetes Education Program

² United States Preventive Services Task Force

Screening for Individuals With a Family History

- ◆ Testing should be considered at a younger age or carried out more frequently in patients with a first-degree relative (parent, sibling, or child) that had/has type 2 diabetes.³
- ◆ Talk to your healthcare provider about your family health history to make a personalized plan to maintain your health.

³ American Diabetes Association



What is a Family Health History?

A record of a person's current and past illnesses, and those of his or her parents, brothers, sisters, children, and other blood relatives. A family health history shows the pattern of certain diseases in a family, and helps to determine risk factors for those and other diseases.⁴

⁴ National Cancer Institute

Type 2 Diabetes Risk Factors and What You Can Do About Them

Things You Can Change

Obesity: Greater weight leads to greater risk.

Diet: A diet high in fat and calories and low in whole grains, vegetables, and fruits increases risk.

Exercise: An inactive lifestyle increases risk.

Abnormal lipid levels: Increases risk

Things You Can't Change

Family History: Children or siblings of individuals with diabetes are more likely to develop it themselves.⁵

Age: People 45 and older are at increased risk

Race/Ethnicity: African-Americans, American Indians, Hispanic and Latino Americans, and Pacific Islanders are at increased risk

Sex: Women have higher risk than men

Hypertension: Increases risk

Gestational diabetes or giving birth to a baby weighing greater than 9 pounds: Increases risk

Personal history of vascular disease: Increases risk

Personal history of polycystic ovary syndrome or acanthosis nigricans: Increases risk

⁵ http://www.ndep.nih.gov/diabetes/pubs/GP_AmlatRisk.pdf

What Can You Do?

- ◆ Lose weight if you are overweight
- ◆ Eat a balanced diet including fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean meats
- ◆ Get active
- ◆ Lipid screening and management
- ◆ Talk to your healthcare provider



What Can You Do If You Have A Family History?

- ◆ Talk to your healthcare provider about your family health history of diabetes
- ◆ Make a plan to preserve your health
- ◆ Earlier screening
- ◆ Engage in healthy behavior (see above)



Your Family Health History...

Know your past.
Act in the present.
Protect your future.