

Family Health History and Diabetes

Family health history is an important risk factor for developing type 2 diabetes.

Did you know?

- Nearly 26 million Americans have diabetes.
- Seven million people with diabetes do not even know that they have this disease.
- An estimated 79 million adults in the U.S. have prediabetes, placing them at increased risk for developing type 2 diabetes.
- Having a family [history of diabetes](#) places you at increased risk for developing type 2 diabetes.
- If you are a woman who had [gestational diabetes](#) during pregnancy, you are at increased risk for developing diabetes, and the child of that pregnancy is at increased risk for obesity and type 2 diabetes.

But there is good news! If you are at risk for diabetes, there are things you can do to prevent or delay type 2 diabetes.

Source: <http://ndep.nih.gov/am-i-at-risk/family-history/index.aspx#main>