

Am I at risk of prediabetes and type 2 diabetes?

The risk factors for developing prediabetes are the same as for type 2 diabetes.

If you are white and over 40 years old, or if you're black or South Asian and over 25 years old and have one or more of the following risk factors, then you may be at risk of prediabetes and type 2 diabetes and should ask your GP for a test:

- A close member of your family has type 2 diabetes.
- You're overweight or your waist is 80cm (31.5 inches) or over for women; 89 cm (35 inches) or over for South Asian men and 94cm (37 inches) or over for white and black men.
- You have high blood pressure or you've had a heart attack or a stroke.
- You're a woman with polycystic ovary syndrome and you are overweight.
- You're a woman and you've had gestational diabetes.
- You have severe mental health problems.

The more risk factors you have, the greater your risk of having prediabetes and developing type 2 diabetes in the future.

References

<http://www.diabetes.org.uk/> available on 26/7/2010