

## Factors that EFFECT Type 2 Diabetes

(to be cut into strips.)

### Things you can't control

Family members have diabetes

Over age 45

Ethnicity

### Things about your medical history or health

High triglycerides

High blood pressure, even if it's treated and under control

Low HDL ("good") cholesterol
Heart and blood vessel disease
Being overweight or obese
Having <u>gestational diabetes</u> while you were pregnant
Having a baby that weighed more than 9 pounds
Prebiabetes
Depression

## **Lifestyle Choices**

Getting Little or No exercise
Sleeping too little or too much

Smoking

Eating unhealthy diet

Stress

Eating a diet to promote obesity