



## Know Your Risk of Developing Diabetes

One of the most important ways to prevent, delay or identify diabetes early is to be aware of your risk for developing the disease. Elevated risk for **Type 1 Diabetes** is known to be almost exclusively based on genetics, while **Type 2 Diabetes** is highly preventable through practicing healthful and mindful dietary and lifestyles choices.

## Modifiable vs. Non-modifiable Risk Factors

There are, however, certain genetic factors that increase the risk of developing **Type 2 Diabetes**, and suffering from other pre-existing medical conditions may also increase your risk of developing the disease. For those that are already genetically or clinically predisposed to a higher likelihood of developing **Type 2 Diabetes**, it is even more essential to make conscious and informed decisions about what to eat, and to remain active and balanced

### Modifiable Risk Factors

- Diet
- Physical Activity
- Weight
- Sleep
- Smoking
- Stress

### Non-Modifiable Risk Factors

- Genetics
- Age
- Birth Weight
- Ethnicity
- Socio-Economic
- Some Pre-Existing Medical Conditions



For more information visit  
[defeatdiabetes.org](http://defeatdiabetes.org)