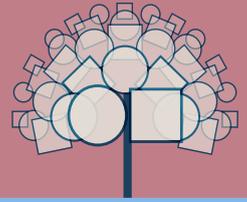


What is _____'s risk of (relative's name) type 2 diabetes?



- How many of _____'s **first degree relatives** listed in the **blue** box have been diagnosed with type 2 diabetes?

Mother
Father
Sister(s)
Brother(s)
Daughter(s)
Son(s)

Enter total number

yes no

Is the answer **1** or more?
(Circle yes or no)

- How many of _____'s **second degree relatives** listed in the **green** box have been diagnosed with type 2 diabetes?

Grandmother(s)
Grandfather(s)
Aunt(s)
Uncles(s)
Nieces(s)
Nephew(s)

Enter total number

yes no

Is the answer **2** or more?
(Circle yes or no)

If the answer is **yes** to either of these questions, he/she is at increased risk of type 2 diabetes.

If your family member is at increased risk, tell him/her to talk to his/her doctor about how to prevent type 2 diabetes.

Important:

Some ethnic groups may be more at risk than others. If you are **Hispanic, African American, Chinese, Indian, or Pacific Islander**, he/she may be at higher risk for type 2 diabetes.

Some tips that may help prevent and detect type 2 diabetes...



Be physically active!

- Try to be active for at least 30 minutes most days of the week
- Take the stairs, walk, swim, garden, etc.



Eat plenty of fiber-rich foods.

- Fiber can promote bowel health, control blood sugar levels, and reduce cholesterol levels.
- Children may require 14-45 grams of fiber each day depending on age, calorie intake and activity level
- Check here for more information:
mayoclinic.com/health/nutrition-for-kids/NU00606