

The following is a list of risk factors for getting diabetes:

- Being more than 20% overweight
- Physical inactivity
- Having a first degree relative with diabetes (parents or siblings)
- Belonging to any of the following ethnic groups:
  - African American, Native American, Latin American, Asian American, Pacific Islander
- Having an "Impaired Fasting Glucose" (IFG)  
or "Impaired Glucose Tolerance" (IGT) on previous blood tests.
  - Having Triglycerides (blood fats) which are more than 250 mg/dl
  - Having HDL cholesterol ("good" cholesterol ) which is less than 35 mg/dl
  - Having a history of hypertension (high blood pressure)
  - Having a history of gestational (pregnancy-related) diabetes  
or giving birth to a baby which weighed more than 9 pounds