YOUR FAMILY’S HEALTH

Diabetes is a serious disease that runs in families. If your parents or siblings have type-two diabetes, you have a greater chance of getting the disease. If you’re African-American, Hispanic or Latino, American Indian, Alaska Native, Asian American, Native Hawaiian or Pacific Islander, you also have a higher chance of developing the disease. The National Diabetes Education Program wants to help you understand your risk.Visit the N-DE-P website at Your-Diabetes-Info-dot-org for diabetes prevention tools, including the Family Health History Quiz.