

## **Did You Know?**

You're more likely to develop type 2 diabetes if you have overweight or obesity, are age 35 or older or have a family history of the condition. Learn about preventing or delaying diabetes and its health problems at the NIDDK website: [www.niddk.nih.gov](http://www.niddk.nih.gov) and on social media @NIDDKgov.