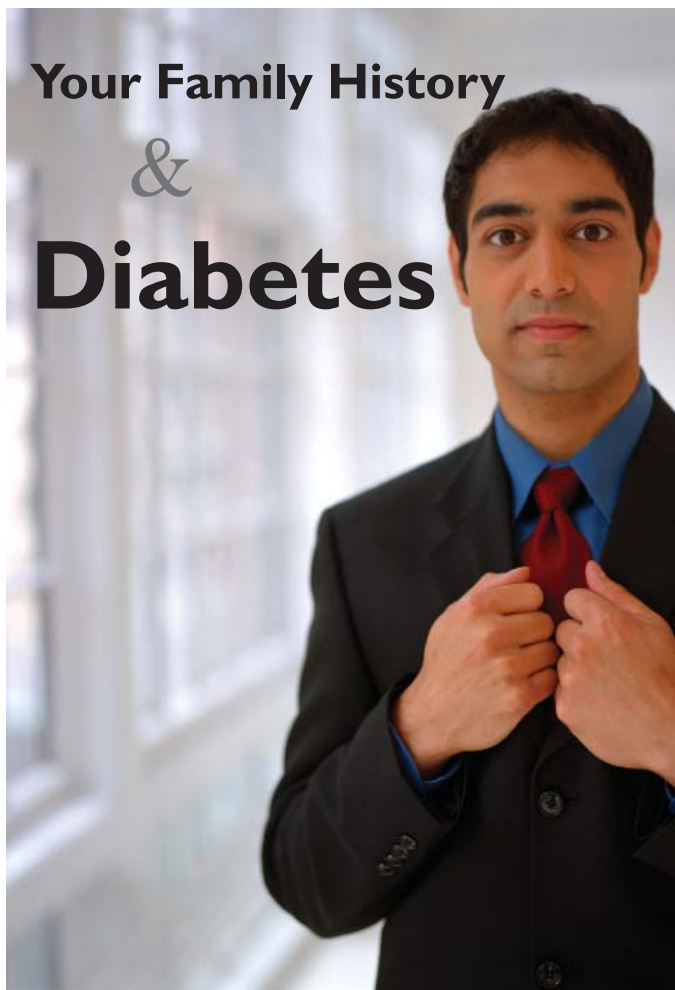


Your Family History

&

Diabetes



A recent study found that 30% of Oregonians have a close family member with diabetes.*

Does your mother, father, brother, sister, or child have type 2 diabetes? If they do, your chance of developing diabetes is about double that of someone with no family history. Also, the more people in your family that have had diabetes, the higher your chance of getting diabetes.** Fortunately, there are many things you can do to lower your chance of developing this disease.

If you know of a family member who has had diabetes, then you may want to write down your family health history.

What is a Family Health History?

Like diabetes, many health problems run in families. Families share their habits, environments, and lifestyles, as well as their genes.

A Family Health History is a record of you and your close family's health. By taking your family health history and sharing it with your doctor, you can learn what health problems you may be at higher risk for and how to prevent or reduce your chances of developing diabetes.

What can you do if you think you have a family history of diabetes?

- » Use the Surgeon General's family history tools: My Family Health Portrait can be found at <http://www.hhs.gov/familyhistory/>
- » The next time you go to your doctor, take your family history with you and share it with your doctor.
- » Take action to reduce other things that put you at risk for getting diabetes.



Besides family history, here are some other things that may put you at risk for diabetes:

- Obesity, poor diet, and too little physical activity
- People 45 and older are at highest risk
- African-Americans, American Indians, Hispanic and Latino Americans, and Pacific Islanders are at increased risk
- Gestational diabetes or giving birth to a baby weighing greater than 9 pounds
- Polycystic ovarian syndrome
- High blood pressure increases risk if you are overweight



Things you can do to prevent diabetes:

- Lose weight if you are overweight.
- Eat a **balanced diet** including fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean meats.
- **Get active.** Moderate activity 30 minutes at least 5 days of the week has big benefits.
- **Talk to your health care provider about your family history and screening.** The American Diabetes Association recommends that diabetes testing be considered at a younger age and/or more often in people with a parent, brother/sister, or child with type 2 diabetes. Your health care provider can review your family health history and see what screening is right for you.

Where can I learn more?

Oregon Diabetes Program

www.oregon.gov/DHS/ph/diabetes

Oregon Genetics Program

www.oregongenetics.org

American Diabetes Association

www.diabetes.org

**US Surgeon General
Family History Website**

www.hhs.gov/familyhistory

**CDC National Office of Public
Health Genomics**

www.cdc.gov/genomics

“This is not just knowledge for knowledge’s sake. Knowing your family health history can save your life, as well as the lives of those you love.” 2006 Acting Surgeon General Kenneth P. Moritsugu, M.D., M.P.H.

**Oregon
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* 2005 Oregon BRFSS data

**Harrison TA et al. Family history of diabetes as a potential public health tool. Am J Prev Med 2003;24(2):152-9 and Practical Genetic Counseling, Peter S. Harper, 6th edition.