Individuals with a strong family history of diabetes (two or more first degree relatives with diabetes) were approximately 5x more likely to develop diabetes compared to individuals without a family history. This study evaluated the usefulness of family history as a tool to identify persons at high-risk for diabetes. Specifically, the authors assessed:
1. family history of diabetes as an independent risk factor for the disease;
2. the association of family history of diabetes with perceived risk and with other known risk factors for the disease;
3. this study evaluated the usefulness of family history as a tool to identify persons at high-risk for diabetes.

**Study Design**

- Data from the 2005 Oregon Behavioral Risk Factor Surveillance System (BRFSS) (N=6560) was used to evaluate our research hypotheses.
- Pearson chi-square tests were used to detect if there were differences in population attributes, provider practices, and select behaviors among the three familial risk groups.
- Logistic regression was used to calculate adjusted odds ratios (OR) and 95 percent confidence intervals (CI) for the predictors of diabetes.

**Principal Findings**

- **Given the increasing prevalence rate of diabetes, prevention of the disease among high risk individuals could substantially reduce the burden of diabetes.**
- **Evidence has revealed that individuals with a family history of diabetes are at increased risk of developing diabetes themselves, and behavior changes are associated with a reduction in risk.**
- **This study evaluated the usefulness of family history as a tool to identify persons at high-risk for diabetes.** Specifically, the authors assessed:
  1. family history of diabetes as an independent risk factor for the disease;
  2. the association of family history of diabetes with perceived risk and with other known risk factors for the disease;
- **Diabetes Prevalence by Familial Risk**

**Conclusions**

- Integrating family history of diabetes into clinical practice offers the opportunities both to improve the effectiveness of diabetes screening, and to promote interventions aimed at preventing or delaying the development of diabetes in high-risk individuals.