

## Lower Your Risk



We're glad you're here to learn about how you can improve your health. You can lower your risk for type 2 diabetes with some simple steps. The resources on this page can help you learn how.

### Overweight

(<http://www.diabetes.org/are-you-at-risk/lower-your-risk/overweight.html>)

Staying at a healthy weight can help you prevent and manage problems like prediabetes, type 2 diabetes, heart disease, high blood pressure and unhealthy cholesterol.

### Physical Activity

(<http://www.diabetes.org/are-you-at-risk/lower-your-risk/activity.html>)

Physical activity can do a lot for your health, even if you haven't been very active lately.

### Small Steps for Your Health

(<http://www.diabetes.org/are-you-at-risk/lower-your-risk/small-steps.html>)

Making just a few small changes can have a big impact on your weight and health. Learn how to make these changes step-by-step.

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## Explore: Lower Your Risk

### How Your Body Uses Glucose and Insulin

(<http://www.diabetes.org/are-you-at-risk/lower-your-risk/highbg.html>)

Managing your blood glucose (sugar) can help you prevent and manage type 2 diabetes.

**High Blood Pressure** (<http://www.diabetes.org/are-you-at-risk/lower-your-risk/bloodpressure.html>)

High blood pressure raises your risk for heart disease, stroke, and other problems. Managing blood pressure can help prevent these problems.

**All About Cholesterol** (<http://www.diabetes.org/are-you-at-risk/lower-your-risk/cholesterol.html>)

Unhealthy cholesterol levels can raise your risk for type 2 diabetes and heart disease.

[Age, Race, Gender & Family History](http://www.diabetes.org/are-you-at-risk/lower-your-risk/nonmodifiabes.html)  
(<http://www.diabetes.org/are-you-at-risk/lower-your-risk/nonmodifiabes.html>)

There are some things that affect your risk that you can't change. Being aware of them can help you take smart steps to lower your risk.

[Gestational Diabetes](http://www.diabetes.org/are-you-at-risk/lower-your-risk/gdm.html) (<http://www.diabetes.org/are-you-at-risk/lower-your-risk/gdm.html>)

If you've had gestational diabetes, you're at higher risk of it in future pregnancies and of type 2 diabetes later in life.

[Smoking](http://www.diabetes.org/are-you-at-risk/lower-your-risk/smoking.html) (<http://www.diabetes.org/are-you-at-risk/lower-your-risk/smoking.html>)

Smoking causes a lot of problems in your body and can raise your risk of heart attack or stroke.

[Diabetes and Cancer](http://www.diabetes.org/are-you-at-risk/lower-your-risk/diabetes-and-cancer.html) (<http://www.diabetes.org/are-you-at-risk/lower-your-risk/diabetes-and-cancer.html>)

Type 2 diabetes and certain cancers share many risk factors. Lower your risk for both.

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