



Pre-diabetes and Type 2 Diabetes Risk Factors for Asian Americans

In the United States, over half of the adults of Asian descent have either pre-diabetes or diabetes. Pre-diabetes increases the risk of developing type 2 diabetes later in life. You can change your lifestyle and delay or prevent the development of pre-diabetes and type 2 diabetes.

Modifiable Factors:

Do you have any of these 4 risk factors? By making lifestyle changes, you may lower your risk of diabetes.

1. Weight and waist circumference above healthy range
Your risk is increased if you have:
 - a. BMI above 23
 - b. Waist circumference above 90 cm (35.5 in) for male, or above 80 cm (31.5 in) for female
2. Sedentary lifestyle
If you do less than 150 min of moderate intensity exercise (e.g. brisk walking) per week, the risks are higher.
3. High blood pressure
Your risk is higher if you:
 - a. Have been told by your doctor that you have hypertension (high blood pressure)
 - b. Have systolic blood pressure (upper number) above 130 mmHg or diastolic blood pressure (lower number) above 80 mmHg.
4. Abnormal blood lipid profile (your cholesterol results)
 - a. Triglyceride level above 250 mg/dL
 - b. HDL level ("good" cholesterol) below 35 mg/dL

Non-modifiable Factors:

1. Age- 45 years of age or above
The risk for pre-diabetes and type 2 diabetes increases with age. If you are 65 years or older, the risk is further increased.
2. Immediate family with history of diabetes
If your parents or your siblings have diabetes, your risk is higher than those without a family history of diabetes.
3. Asian descent
Ethnic minorities, such as those of Asian descent, Native Hawaiians or Pacific Islanders are at a higher risk of developing pre-diabetes and type 2 diabetes.
4. History of gestational diabetes
If you have a history of gestational diabetes (diabetes during pregnancy), or if you have given birth to a baby weighing 9 pounds (4 kg), increases the risk.