Family History as a Risk Factor for Diabetes Among Utah Adults

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People with a family history of diabetes **can reduce their risk** of developing diabetes by making healthy lifestyle choices such as:

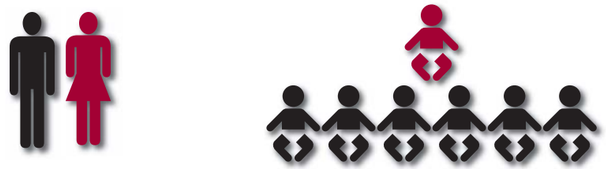
- Eating healthy foods
- Maintaining a healthy weight
- Engaging in regular physical activity
- Not smoking

In Utah, **one in 10 adults** believe they are at risk for diabetes because of their family history, but too few are making healthy lifestyle choices that could reduce their risk.

- 80.7% do not eat at least five servings of fruits and vegetables a day
- 53.6% are overweight or obese
- 43.2% do not participate in regular physical activity
- 12.9% smoke

Family History Risk In The U.S.

One parent with diabetes* — 1 in 7 children has diabetes



Both parents with diabetes — 1 in 2 children has diabetes

*If parent is diagnosed after age 50, 1 in 13 children has diabetes.

The risk based on family history represents current prevalence, not lifetime risk, in the U.S. The risk of diabetes increases significantly as children age. A study by Narayan et al. suggests the estimated lifetime risk for those born in the year 2000 is one in three.

References:

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Venkat Narayan, K. M., Boyle, J. P., Thompson, T. J., Sorenson, S. W., & Williamson, D. F. (2003). Lifetime Risk for Diabetes Mellitus in the United States. Journal of the American Medical Association, 290, 1884-1890.

What are we doing?

- Promoting awareness of family history
- Partnering with one of only four Genomics Programs in the nation
  - » Family Health History Toolkit
- Presentations in schools
- Community events

For More Information:

- www.health.utah.gov/diabetes
- www.health.utah.gov/genomics