

Risk factors for type 2 diabetes

Type 2 diabetes can run in families; however, there are a range of factors that increase the risk of developing the condition.

Some diabetes risk factors can be managed or reduced (known as modifiable lifestyle factors), while other factors cannot be changed.

Risk factors that cannot be changed include:

- Age
- Family history of diabetes
- Ethnicity and cultural background

Risk factors that can be managed or reduced include:

- Carrying excess weight
- Being physically inactive
- Unhealthy eating habits
- Smoking
- High blood pressure
- High levels of cholesterol or other fats in the blood



Reducing your risk

Maintain a healthy weight and move more

Being overweight, especially carry excess weight around your waist, increases your risk of developing type 2 diabetes. Losing weight is one way you can help prevent type 2 diabetes.

Carrying extra weight around your middle means fat can build up around organs and cause insulin resistance, which means the insulin your body produces doesn't work properly.

There are no quick fixes when it comes to reducing your waist size but small changes in your diet, such as reducing your portion size, and regular physical activity are important factors in weight loss and maintaining a healthy weight.

Regular physical activity is key to preventing type 2 diabetes. Moving for at least 30 minutes a day makes a big difference to your health and wellbeing. It also helps lift your mood. You can break up exercise throughout the day if needed.

You don't need to go to the gym or run a marathon, aim for moderate intensity. It could be a brisk walk around your suburb, playing a sport in the garden, or doing an online exercise class.