



Diabetes: You Are At Risk

Aboriginal people have a higher chance of getting type 2 diabetes.

Before, older people used to get diabetes, but now, Aboriginal people are getting it a lot younger because their traditional lifestyle has changed so fast.

The risk factors – do these apply to you?

- Getting older
- Overweight (especially in the stomach)
- Blood relative with diabetes – or your mother had gestational diabetes
- Have had a baby over 4 kg (9 lbs.)
- Had gestational diabetes
- High cholesterol and/or high blood pressure
- Higher blood sugar than normal
- Darker patches of skin around your neck

If you answered yes to any of those risk factors, it does not mean you have diabetes. Talk to your local health care provider and get tested. Finding out early gives you a head start in living a healthy lifestyle.

What can I do to lower my risk?

- Eat healthy foods
- Be active
- Manage your stress

To learn more about diabetes, visit your local health care provider, or go to: www.healthcanada.gc.ca/ADI

Aboriginal *Diabetes* Initiative

