

ARE YOU AT RISK OF GETTING DIABETES?

Are you European and over 40 years old?

Are you of Māori, Asian, Middle Eastern or Pacific Island descent and over 30 years old?

Does diabetes run in your family?

Are you overweight?

Do you have high cholesterol or high blood pressure?

Have you had a large baby weighing more than 9lbs / 4kg?

Have you had gestational diabetes (diabetes during pregnancy)?

Do you have Impaired Glucose Tolerance (IGT)?



If you answered **yes** to **two or more** of these you may be at risk of **developing diabetes**.

Ask your doctor now!