

Health & Wellness Tip of the Week

Week 45 November 5, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

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Know your Chances of Getting Type 2 Diabetes

Thirty million U.S. adults have diabetes, but one out of four don't know they have it. About 90 percent of people have Type 2 diabetes.

November is American Diabetes Month. This is a good time to learn more about the things that can raise the odds that you will have Type 2.

Here are some things to watch for:

- Your doctor diagnoses you with prediabetes
- Weighing more than you should
- Age 45 years or older
- Having a parent, brother or sister with Type 2
- Being active less than three times a week
- Having diabetes during pregnancy or giving birth to a baby who weighed more than nine pounds
- African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders and some Asian Americans also have a greater chance of getting Type 2

Source: Centers for Disease Control

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