Family History as a Risk Factor for Diabetes Among Utah Adults

Authors: Brenda Bodily, Brenda Ralls, Jenny Johnson and Richard Bullough, Utah Department of Health, Diabetes Prevention and Control and Chronic Disease Genomics Programs

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.

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

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 Nair et al. suggests the estimated lifetime risk for those born in the year 2000 is one in three.

References: