

If you have any of these risk factors please talk with your health care provider.

Risk Factors	Diabetes	High Blood Pressure	Heart Disease (CVD)	High Cholesterol	Lung Disease (COPD)
Age: Male: more than 45 Female: more than 50	✓	✓	✓	✓	✓
Aboriginal (high risk population)	✓				
Mother, father, brother, sister with diabetes or heart problems	✓	✓	✓	✓	
Diabetes in pregnancy	✓	✓	✓		
Had a baby weighing more than 9 lbs.	✓				
Schizophrenia (mental illness)	✓	✓	✓	✓	
Polycystic Ovary Disease	✓				
Acanthosis Nigricans (darkening of skin on neck or in skin folds)	✓				
*Smoking		✓	✓	✓	✓
*Exposed to second-hand smoke		✓	✓	✓	✓
*Low level of exercise	✓	✓	✓	✓	✓
*Overweight	✓	✓	✓	✓	
*Waist size: Male: more than 102 cm or 40 inches Female: more than 88 cm or 35 inches	✓	✓	✓	✓	✓
*Bottle fed baby instead of breast fed	✓				
*Alcohol use	✓	✓	✓	✓	
*Drug use	✓	✓	✓	✓	
*Diet high in junk food, frozen boxed meals, fast food and sugar drinks	✓	✓	✓	✓	
*Diet low in vegetables, fruit, whole grains, low fat dairy and lean meats	✓	✓	✓	✓	
*Stress	✓	✓	✓	✓	

\* The risk factors in red are the ones you can control by making lifestyle changes.

# WHAT IS YOUR RISK OF DEVELOPING A CHRONIC DISEASE?

**Age** - there is a greater risk of getting any of these chronic diseases for men older than 45 years of age and women older than 50 years of age. If you have a family member with diabetes, you should ask for diabetes screening at age 40.

**Aboriginal people** - are 3 times more likely to get diabetes.

**High blood pressure** - is linked to getting diabetes. An increase of 10 pounds in body weight or more will increase your blood pressure.

**Heart risks** - such as damage to large and small blood vessels, high cholesterol and heart disease are found 2 - 3 times higher in people with diabetes. People with diabetes have a greater than 75% chance of dying from heart problems or strokes.

**Diabetes in pregnancy** - 6 out of 10 women will go on to develop diabetes later in life.

**Bottle-fed babies** - are at a higher risk of getting diabetes compared to breast-fed babies.

**Lifestyle behaviors** - are the areas you can change to improve your health and lower the risk of getting chronic diseases.

**Below are the areas you can control:**

**Stress** - having stress in your life puts you at a higher risk of getting a chronic disease. It is important to keep your Spiritual, Mental, Physical and Emotional well-being in balance.

**Smoking** - Smoking harms nearly every organ of the body and worsens your overall health. Smoking causes cancer, heart disease, high blood pressure,

stroke and lung disease. If you are a smoker and have a chronic cough, it is not a “smoker’s cough” it is lung disease. Exposure to second-hand smoke increases your risk of lung disease.

**Weight** - being overweight and carrying the weight around the waist puts you at higher risk of getting diabetes and high blood pressure. Weight loss or keeping a healthy body weight will delay the onset of diabetes and lowers your blood pressure. For every 2 pounds overweight it raises your risk for diabetes by 4.5%.

**Alcohol** - Drinking alcohol can hurt your body organs and it can cause heart, brain and liver problems. Alcohol use can lead to injuries, car accidents, violence, and can destroy the family bond. Men should have no more than 2 drinks a day, and women should have no more than 1 drink a day. You cannot drink your weekly limit all in one day.

**Drugs** - misuse of prescription or non-prescription drugs and use of illegal drugs can increase your risk of getting a chronic disease.

**Diet** - eating healthy foods can help prevent chronic diseases. eating from all 4 food groups and having smaller portions can help to lower your weight. Try to pick vegetables, fruit, whole grains, low fat dairy products and lean meats. Limit junk food, frozen boxed meals, fast foods and sugary drinks.

**Exercise** - will lower your risk or delay onset of diabetes. Exercise helps to lower your weight and improve your heart function. People with low level of exercise are at a higher risk of having high blood pressure.