

Risk factors of developing diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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Risks factors of developing type (2) DIABETES

Who are more likely to get Diabetes?

1 People who are overweight and obese



2 Family history of Diabetes



4 Those who eat fatty foods regularly



3 Those with high blood pressure



5 Smokers



6 Giving birth to a big baby



7 People who do not exercise regularly

