



Central Ayurveda Research Institute

Govt. of India, Ministry of AYUSH,
Central Council for Research in Ayurvedic Sciences

CENTRE OF EXCELLENCE IN MADHUMEHA

RISK FACTORS OF TYPE II DIABETES



080-29535034 (Off.) / 29635035 (Hosp.)



<https://www.cari.gov.in>



nadri-bengaluru@gov.in | nadri.bengaluru1@gmail.com



**12, Uttarahalli Manavarthe Kaval, Kanakapura Main Road,
Thalaghattapura post, Bengaluru-560109**

RISK FACTORS OF TYPE II DIABETES

Diabetes is the leading cause of severe health complications and one of the top 10 causes of death worldwide. To date, diabetes has no cure, and therefore, it is necessary to take precautionary measures to avoid its occurrence.

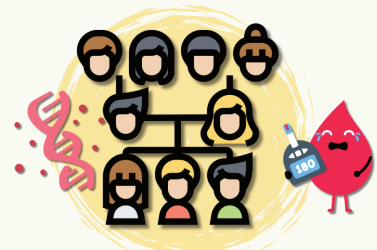
Risks Factors are:



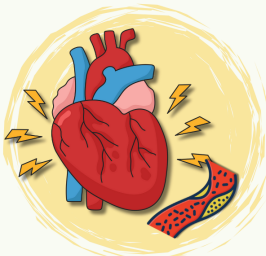
Physical inactivity & sedentary lifestyle



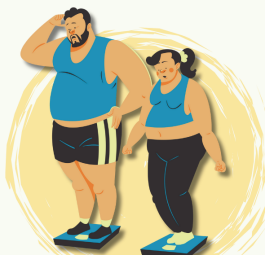
Unhealthy diet



Family history of diabetes, genetic and metabolic factors, ethnicity



History of Cardiovascular diseases



Overweight/obesity



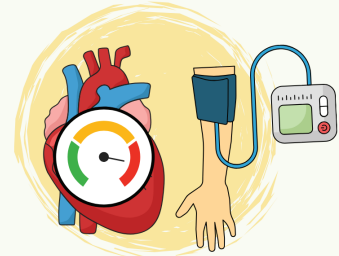
History of gestational diabetes



People with chronic mental stress and insomnia



Addicted to smoking and Alcohol



Systemic illnesses such as Hypertension, Dyslipidemia

The chances of developing type 2 diabetes depend on a combination of risk factors. Although one can't change risk factors related to family history, age, race, or ethnicity, one may be able to avoid some risk factors by maintaining a healthy weight and being physically active.