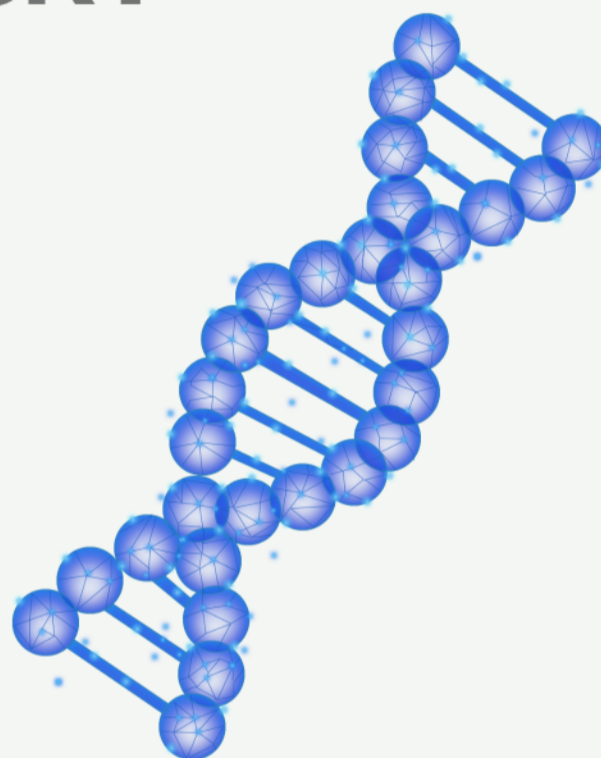
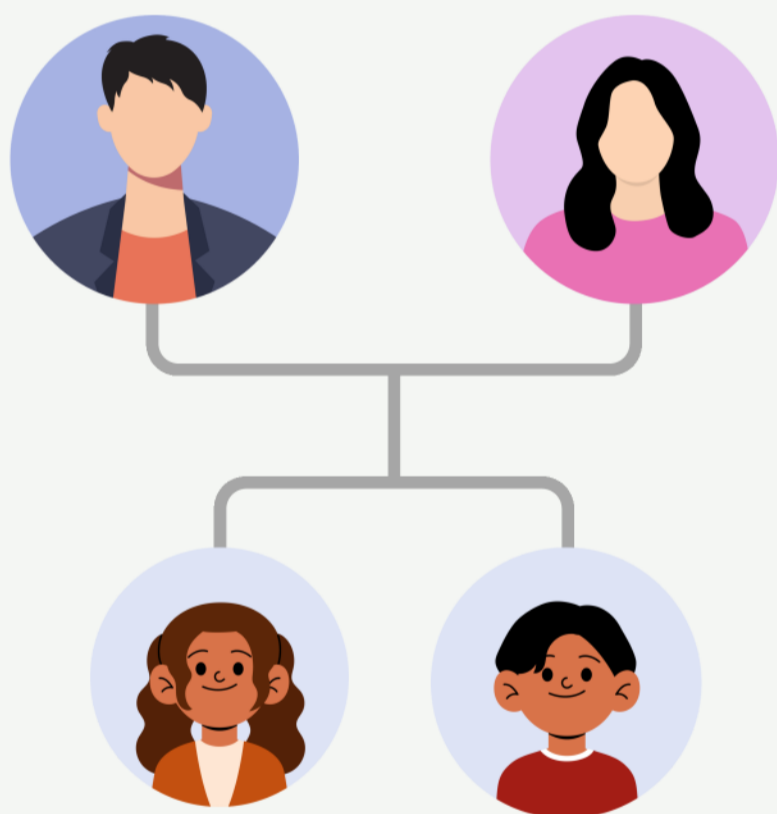


# Celiac Disease Runs in Families

What's your risk?



Here's what the  
recent data shows



# Risk if a parent has celiac disease



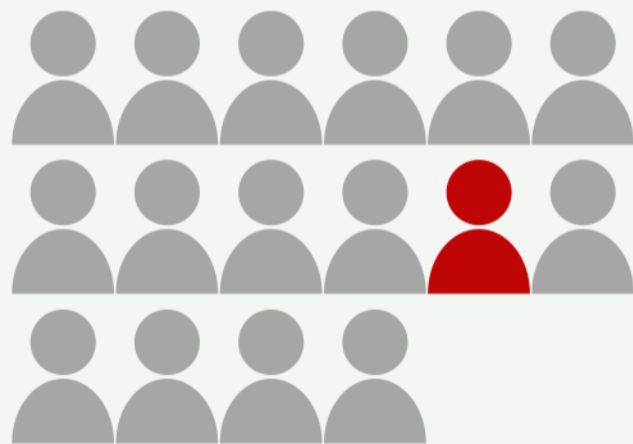
**Daughters**  
**23%**



≈1 in 4



**Sons**  
**6%**



≈1 in 16

*Source: 2024/25 global meta-analysis*

# Risk if a child has celiac disease



**Parents**

**4-5%**



≈1 in 20–25

*Source: 2024/25 global meta-analysis*

# Risk if a sibling has celiac disease



**Sisters**

**14%**



≈1 in 7



**Brothers**

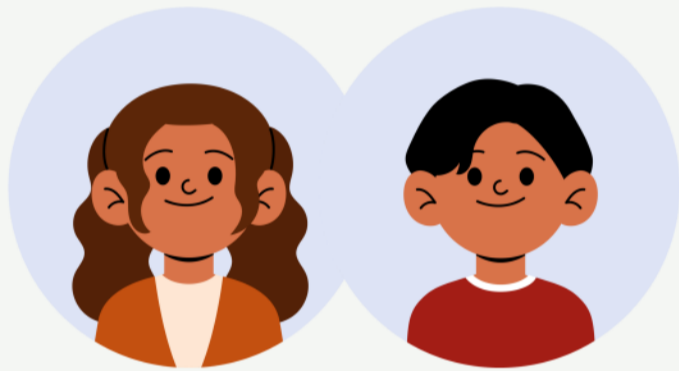
**9%**



≈1 in 11

*Source: 2024/25 global meta-analysis*

# Risk if 2 or more siblings have celiac disease



**Other Siblings**

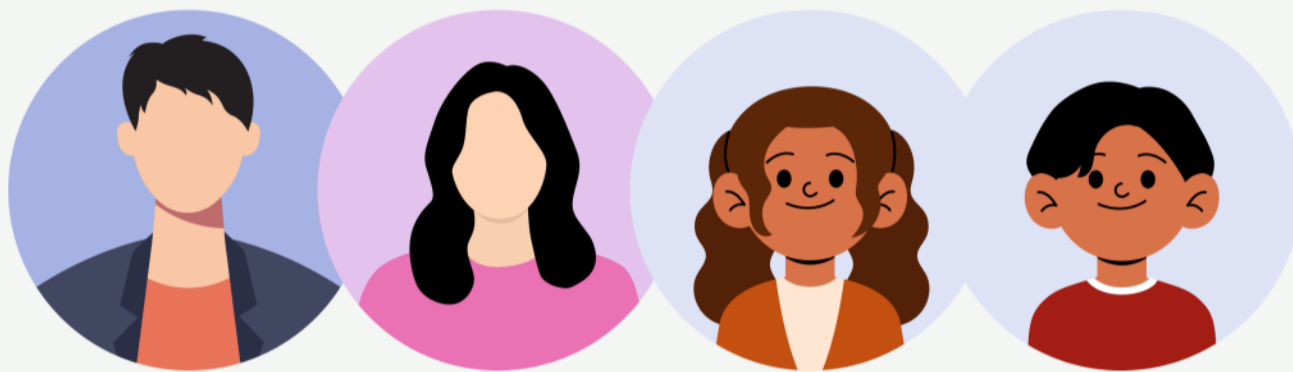
**26%**



≈1 in 4

*Source: 2004 study, 107 families*

# Average risk if any first-degree relative has celiac disease



**7-10%**

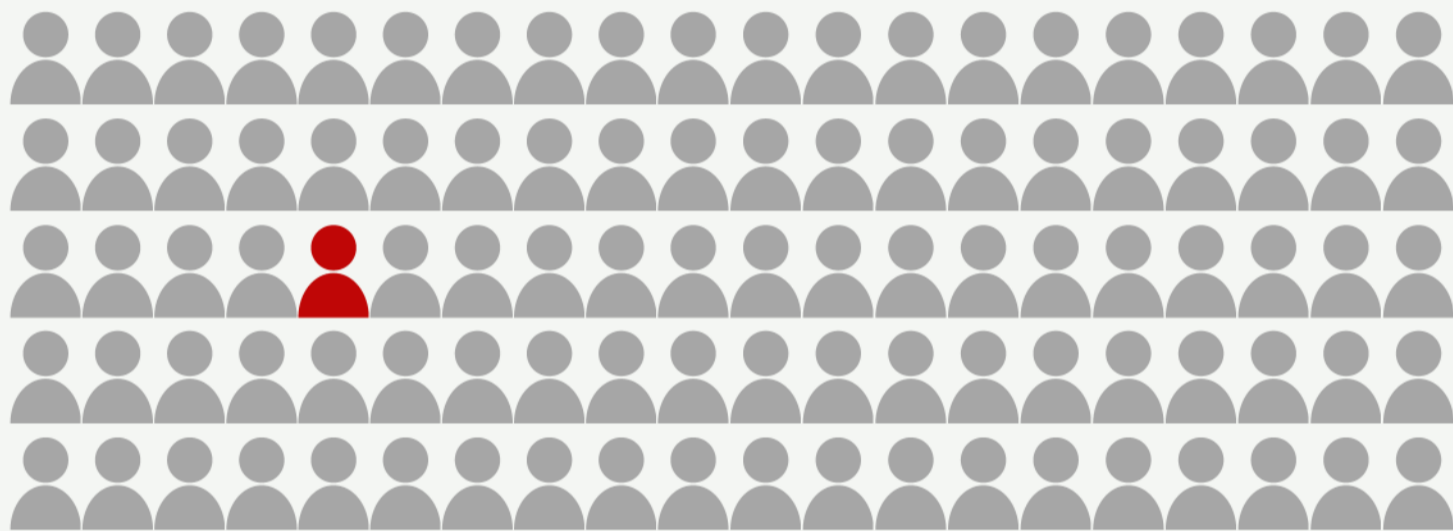


≈1 in 10-14

*Source: CDF, Health Canada & 2024/25 global meta-analysis*

# For comparison: General population risk

**~1%**



≈1 in 100

**Varies by region.** Examples:

**Finland:** ~2.4% (1 in 40) | **Asia:** ~0.5% (1 in 200)

*Source: Global: Singh 2015 & others; Finland: 2024 study; Asia: 2016 meta-analysis*

# Keep in Mind

- These are research averages, not personal diagnoses
- Risk varies by genetics, sex, age, region
- Talk to your doctor about screening
- Screening is recommended by the National Celiac Association and other major organizations



Find more resources at [gffp.us/resources](https://gffp.us/resources)

*Sources: Karimzadeh et al. (2024), American Journal of Gastroenterology; Greco et al. (2004), Digestive and Liver Disease; Singh et al. (2015), Clinical Gastroenterology and Hepatology; Celiac Disease Foundation; Health Canada; National Celiac Association.*