



A MINUTE OF HEALTH WITH CDC

Diabetes Goes South

State-Specific Incidence of Diabetes Among Adults — United States, 1995–1997, 2005–2007

Recorded: October 28, 2008; posted: October 30, 2008

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In the United States, the South has always been known for its warm weather and southern hospitality. But according to a recent CDC report, the South might soon become known for its high incidence of diabetes. Over a recent ten-year period, the number of people in the United States who were diagnosed with diabetes increased dramatically. This trend was particularly high in the South. You may delay or even prevent the onset of diabetes by controlling your weight and getting regular exercise. So no matter where you live – the North or the South - eat right and exercise often to help prevent diabetes.

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