

## NDEP Offers Diabetes Prevention Materials for Minorities at High Risk



The epidemic of type 2 diabetes within minority communities—even among youth—has profound consequences for the quality of life of individuals and families. African Americans, American Indians and Alaska Natives, Asian Americans and Pacific Islanders, and Hispanics and Latinos are at high risk for type 2 diabetes and are disproportionately affected by type 2 diabetes. If we do not turn back this epidemic, minority communities will disproportionately suffer with disability and premature death, and the nation will have to spend billions more dollars in medical care for diabetes care.

We can reverse this negative trend by choosing to prevent diabetes. The good news is that diabetes prevention is **proven, possible, and powerful**.

The National Diabetes Education Program (NDEP) is taking the lead by providing free materials to get you started. NDEP's *Small Steps. Big Rewards. Prevent type 2 Diabetes* public education campaign and its tailored messages for African Americans, American Indians and Alaska Natives, Asian Americans and Pacific Islanders, and Hispanics and Latinos can help increase each community's awareness that type 2 diabetes can be prevented.

The campaign provides free information and tools—all designed to help people at risk take the small steps needed to stop diabetes in its tracks. NDEP materials are easy to read, based on science, and copyright free.

No one needs to run a marathon. Big rewards can be achieved by losing 5 to 7 percent of body weight through healthy eating and getting 30 minutes of physical activity five days a week. By losing a small amount of weight, those who are at risk can prevent or delay the onset of this devastating disease.

To order your free materials and to learn more about the *Small Steps. Big Rewards. Prevent type 2 Diabetes* campaign, go to <http://www.ndep.nih.gov> or call 1-800-438-5383 and ask for your *GAMEPLAN for Preventing type 2 Diabetes*.

The U.S. Department of Health and Human Services' [National Diabetes Education Program](#) is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partners.