



I found out that Asian Americans and Pacific Islanders who are overweight are at high risk for type 2 diabetes. But there's good news. You can prevent type 2 diabetes by taking these small steps: lose a small amount of weight by eating healthy foods and getting 30 minutes of physical activity 5 days a week.

Talk to your health care provider about your risk for type 2 diabetes.

For more information about diabetes prevention, call

1-800-438-5383 and ask for your free GAME PLAN www.ndep.nih.gov



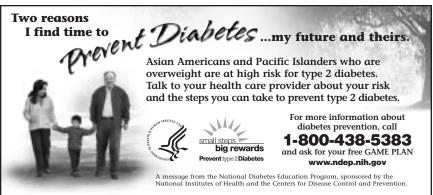


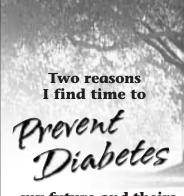
A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

4.5" x 5.25"



2" x 4.75"





...my future and theirs.



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Prevent type 2 Diabetes

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My family means the world to me. That's why I'm making time to take care of my health.

I found out that Asian Americans and Pacific Islanders who are overweight are at high risk for type 2 diabetes. But there's good news. You can prevent type 2 diabetes by taking these small steps: lose a small amount of weight by eating healthy foods and getting 30 minutes of physical activity 5 days a week. Talk to your health care provider about your risk for type 2 diabetes. For more information about diabetes prevention, call 1-800-438-5383 and ask for your free GAME PLAN for preventing type 2 diabetes.

