

# Control your diabetes for future generations.



The future of American Indians is threatened by diabetes. But we can fight it by controlling our blood sugar.

We can work to keep our blood sugar close to normal by choosing healthy foods, staying physically active, taking our diabetes medication, and testing our blood sugar.

We need to control our diabetes because our young ones look up to us. We must take charge of diabetes – for future generations.



Call 1-800-438-5383 to learn more. Or visit us at <http://ndep.nih.gov>.



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

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2 1/16" x 10"

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The future of American Indians is threatened by diabetes. But we can fight it by controlling our blood sugar.

We can work to keep our blood sugar close to normal by choosing healthy foods, staying physically active, taking our diabetes medication, and testing our blood sugar. And if you know people who have diabetes, help them take these steps to keep their blood sugar under control.

As American Indians, we need to control our diabetes because our young ones look up to us. We must take charge of diabetes – for future generations.

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