




Two reasons I find time to
Prevent Diabetes
...my future and theirs.



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"

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2" x 4.75"

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4.5 x 2"

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2" x 10"

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

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small steps
big rewards
Prevent type2Diabetes

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