




# We have the **power** to prevent diabetes




We're Alaskan Natives, and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes 5 days a week and making healthy food choices. Take your first step today. Talk to your health care provider about your risk for type 2 diabetes and the small steps you can take to prevent it.

For more information about diabetes prevention, call **1-800-438-5383** and ask for the **POWER TO PREVENT DIABETES**  
[www.ndep.nih.gov](http://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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