

We have the **power** to prevent diabetes



We're American Indians, 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



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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small steps
big rewards
Prevent type 2 Diabetes

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