



IT'S NOT TOO LATE TO

PREVENT DIABETES

NATIONAL DIABETES
EDUCATION PROGRAM



TAKE YOUR FIRST STEP TODAY



REMEMBER

- Ask your doctor or health care team if you are at risk for type 2 diabetes. Let them know you want to be more active. If you have limited physical ability, ask which activities will be safe for you.
- Make healthy food choices and reduce the amount you eat.
- Your goals are to get 30 minutes of physical activity five days a week and to lose a modest amount of weight.
- Medicare offers a free blood glucose test for people at risk for diabetes. Visit www.medicare.gov or call 1-800-MEDICARE to learn more.



It may not be easy to make these lifestyle changes, but you can do it!

TAKE YOUR FIRST STEP TODAY

To learn more, go to the:

- National Diabetes Education Program at www.YourDiabetesInfo.org. Click on the ***Small Steps. Big Rewards. Prevent type 2 Diabetes.*** link for a free copy of ***Your GAME PLAN to Prevent type 2 Diabetes.*** You can also call 1-888-693-NDEP(6337), or TTY: 1-866-569-1162.
- Weight-control Information Network (WIN) at www.win.niddk.nih.gov or 1-877-946-4627.



www.YourDiabetesInfo.org

Participants in research studies can play a more active role in improving their own health and help others by contributing to health-related research. See www.clinicaltrials.gov and www.cdc.gov/diabetes/projects/index.htm

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Carolyn Leontos, M.S., R.D., C.D.E., Nutrition Specialist, University of Nevada, Reno, Cooperative Extension and Linda Haas, Ph.C., R.N., C.D.E., Endocrinology Clinical Nurse Specialist, Department of Veterans Affairs Puget Sound Health Care System, Seattle Division, reviewed this material for accuracy.