

It's never too early....

to Prevent Diabetes



If you have type 2 diabetes, others in your family may be at risk for getting diabetes because they share your genes and lifestyle.

But there's good news. Your family can prevent type 2 diabetes by eating healthy foods, losing a little weight if overweight, and getting 30 minutes of exercise 5 days a week. **Take small steps for big rewards.**

Talk to your family about their risk of type 2 diabetes. Get started now and discover healthy ways of eating and being active as a family.

For more information about diabetes prevention, call

1-800-438-5383 or visit
www.ndep.nih.gov

A message from the Minnesota Department of Health

