

TYPE 2 DIABETES PREVENTION



Small changes today can
make a difference in your
risk tomorrow.

Sources: CDC; American Diabetes Association



KNOW YOUR RISK

Your age, family and health history, and lifestyle can all play a role in your risk for type 2 diabetes.



KNOW YOUR NUMBERS

Talk with your healthcare provider about blood sugar screening and whether an A1C test is appropriate for you.



MAKE HEALTHY CHOICES

Choose balanced meals, stay physically active, and work toward a healthy weight. Small, sustainable changes can lower your risk.



TAKE ACTION TODAY

Small, consistent changes can help lower your risk of developing type 2 diabetes. Talk with a healthcare professional about steps that are right for you.