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

small steps big rewards
Prevent type 2 Diabetes

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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