We have the power to prevent diabetes

We're Alaskan Natives, 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

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

small steps big rewards

Prevent type 2 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.