

BEING
OVERWEIGHT

HAVING A
FAMILY HISTORY

HAVING DIABETES
WHILE PREGNANT
(GESTATIONAL DIABETES)

http://

WHAT CAN YOU DO?

You can **prevent** or **delay**
type 2 diabetes



LOSE
WEIGHT



EAT
HEALTHY



BE MORE
ACTIVE

You can **man**



WORK WITH A
HEALTH
PROFESSIONAL

LEARN MORE AT
www.cdc.gov/diabetes/prevention
OR SPEAK TO YOUR DOCTOR

LEA
www.cdc.gov
OR SPEAK

REFERENCES

Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Knowler WC, Barrett-Conner E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346:393-403. As cited in March 22, 2013, MMWR.

Tuomilehto J, Lindstrom J, Eriksson J, et al; Finnish Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. N Engl J Med 2001; 344:1343-1350.