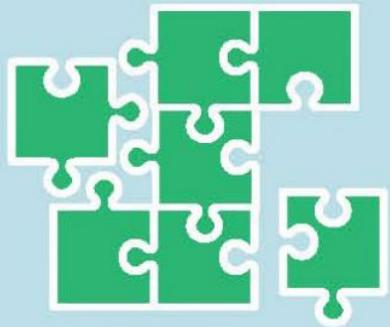


TYPE 2



BODY CANNOT USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented



Currently, at least 1 out of 3 people will develop the disease in their lifetime



More than 5,000 youth diagnosed each year in 2008 and 2009

RISK FACTORS FOR TYPE 2 DIABETES:

1.7
MILLION

People 20 years and older diagnosed in 2012



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



HAVING DIABETES WHILE PREGNANT (GESTATIONAL DIABETES)



WHAT CAN YOU DO?

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



LOSE WEIGHT



EAT HEALTHY



BE MORE ACTIVE

You can **manage** diabetes



WORK WITH A HEALTH PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

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

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