

NOVEMBER IS NATIONAL DIABETES MONTH

ARE YOU AT RISK FOR TYPE 2 DIABETES?

1 IN 10 PEOPLE HAVE DIABETES
(MOST HAVE TYPE 2 DIABETES)



1 IN 4 PEOPLE DON'T
KNOW THEY HAVE DIABETES



YOU CAN STAY HEALTHIER
LONGER AND LOWER
YOUR RISK OF TYPE 2 DIABETES
WITH THESE STEPS:

- **STAY AT A HEALTHY WEIGHT**
- **EAT WELL**
- **BE ACTIVE**

THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES:



Being
overweight



Race and ethnicity:
African American,
Hispanic/Latino American,
American Indian,
Pacific Islander,
Asian American



Being physically
active less than
3 times a week



Having a
parent, brother,
or sister with
type 2 diabetes

45+

Being 45
years
or older



Having had gestational
diabetes (diabetes
in pregnancy)
or giving birth to a
baby who weighed more
than 9 pounds