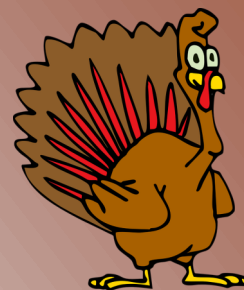


COMMUNITY HEALTH EDUCATION PROGRAM

AMERICAN DIABETES MONTH



PREVENTING TYPE 2 DIABETES

It has been proven you can prevent or delay type 2 diabetes with these 3 lifestyle changes which are achievable.



LIFESTYLE CHANGE WORKING OUT

<https://www.cdc.gov/physicalactivity/basics/index.htm>



CHANGE IN DIET

Eating healthy

<https://www.cdc.gov/diabetes/managing/eat-well.html>



FIND TIME TO RELAX Manage Stress

<https://www.cdc.gov/diabetes/managing/mental-health.html>



*If you are at risk for type 2 diabetes, talk to your doctor about getting a simple blood sugar test to confirm it.
If you're diagnosed with prediabetes, consider joining a lifestyle change program.*

For more information regarding Diabetes Prevention please visit:
<https://www.cdc.gov/diabetes/prevent-type-2/index.html>

If you have any questions please contact the
Community Health Education Program at

1(520)562-5100

