

**Start Now.**

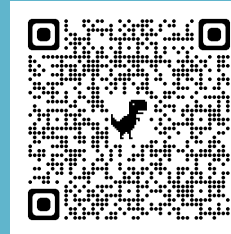
**Did you know diabetes can lead to an increased risk for kidney disease, blindness, Alzheimer's, cognitive decline, heart disease, nerve damage and other health problems? These complications can be preventable if you invest in making changes.**

*This material references  
Mayoclinic.org*

*CDC.org*



**CDC Diabetes  
Prevention**



**Mayo Clinic  
Prediabetes**



**Healthy Living Org**

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## **Diabetes Prevention: Invest in Your Future**



**Healthy Living Org**

[www.HealthyLivingOrg.com](http://www.HealthyLivingOrg.com)



## Take Action!

Take the CDC 1 minute risk test  
[cdc.gov/diabetes/risktest](https://cdc.gov/diabetes/risktest)

1. Enlist **support**. Get involved with friends, healthcare providers and local health groups and stay connected.
2. Set a **goal**. Losing weight, getting active, making healthy meals are all helpful goals.
3. Be **patient** with yourself. Change takes time, make small changes over time and watch yourself succeed.

Build healthy habits. If making changes is hard, work with others. Local support groups are available. Research shows that accountability helps!

## Who is at Risk?

We are all at risk. Diabetes impact all ages.

Prediabetes increases the risk of developing type 2 diabetes and heart disease.

## Who has prediabetes?

- 1 in 5 aged 12-18 years
- 1 in 4 aged 19-34 years

Prediabetes is higher in males and people with obesity.

## Diabetes is preventable! Start now to invest in your future.

Starting now can prevent further complications. Diabetes will inevitably lead to ongoing decline in your health.

## Why Now?

Prediabetes means your blood sugar is higher than normal. It is really common, but the good news is that prediabetes is preventable.

Being overweight is directly related to the increase in kids and adults who have type 2 diabetes. Parents have the power to make healthy changes that give kids the best chance to prevent type 2 diabetes. And when the whole family makes changes together, it's easier to create healthy habits that stick.

The longer you wait, the more difficult it can be to reverse prediabetes, and the more likely you are to be diagnosed with type 2 diabetes.

CDC's Lifestyle Change Program website:  
[www.cdc.gov/diabetes/prevention/](https://www.cdc.gov/diabetes/prevention/)