



**kNOw**  
**MORE** **in 24**  
to prevent type 2 diabetes



# YOU have the power to prevent or delay Type 2 diabetes

-  **Be active**
-  **Eat a variety of healthy foods & manage portion size**
-  **Keep your heart healthy**
-  **Know your numbers**
-  **Reduce sweetened beverage intake**
-  **Manage stress**
-  **Get enough sleep**
-  **Eliminate tobacco use**
-  **Build a positive support system**



Take the risk test at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)