

Control diabetes

FACT:

In the U.S., 11.3% of people (37.3 million) have diabetes; 23.0% (8.5 million) of them are undiagnosed.



Being overweight increases the risk for type 2 diabetes.



Exercising 30 minutes a day and losing just 7% of body weight has been shown to delay or avoid developing diabetes by 58%.



Get your blood pressure checked at least every 1-2 years or as often as advised by your health care provider. If you have high blood pressure, follow your treatment plan.

Having high blood pressure increases the risk for type 2 diabetes.

Follow your diabetes action plan to keep your blood sugar controlled.



Blood glucose control reduces the risk of developing eye, nerve, and kidney complications of diabetes.