



A MINUTE OF HEALTH WITH CDC

Detering Diabetes

American Diabetes Month — November 2010

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

A recent CDC report projected that up to one third of U.S. adults will have diabetes by 2050 if preventive steps aren't taken immediately. Diabetes is a chronic condition in which the body doesn't produce enough insulin to break down sugar in the blood. It is now the seventh leading cause of death in the U.S. Left uncontrolled, diabetes can lead to heart disease, blindness, and kidney failure. Obesity is a major risk factor for diabetes. To decrease your chances of getting diabetes, exercise regularly and eat a healthy diet that's high in fruits and vegetables, and low in fat.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.