



A MINUTE OF HEALTH WITH CDC

Diabetes Awareness

Diabetes Alert Day — March 22, 2016

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Diabetes is a common chronic disease in the United States. Type 1 diabetes requires insulin to control it and cannot be prevented. Most cases in adults are type 2. Type 2 diabetes *can* be prevented or delayed through behavior or lifestyle changes, such as maintaining a healthy weight and regular physical activity.

Eighty six million adults have prediabetes, but only 10 percent know they have it. Prediabetes places them at risk for developing type 2 diabetes, heart disease, and stroke. Make an appointment with your health care provider to learn if *you're* at risk for diabetes.

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.