



## **A MINUTE OF HEALTH WITH CDC**

### *Diabetes Detection*

*Diabetes Alert Day – March 26, 2013*

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

Diabetes is the seventh leading cause of death in the US. Over 90 percent of cases are type 2. Risk factors include older age, obesity, family history of diabetes, gestational diabetes, and physical inactivity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Pacific Islanders are at particularly high risk for type 2 diabetes.

You can prevent or delay type 2 diabetes by making simple lifestyle changes, such as getting 150 minutes of physical activity a week and eating a balanced diet, including fruits and vegetables.

Talk to your health care provider to see if you need to be screened for diabetes.

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

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*