



A MINUTE OF HEALTH WITH CDC

Decrease Your Risk for Diabetes

National Diabetes Month — December 2016

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

Nearly 30 million people in the U.S. have diabetes. Almost three times that many may have prediabetes, which puts them at increased risk for developing type 2 diabetes, heart disease, and stroke. Of those with diabetes, up to 95 percent have type 2, which is a form of the disease that can sometimes be treated without insulin. Simple lifestyle changes, such as controlling weight, eating a healthy diet, and exercising regularly, can both control and prevent diabetes. Regular checkups can determine if you are at risk for or already have diabetes. Make an appointment soon to get screened. Early detection can go a long way in preventing complications from diabetes.

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

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.