



A MINUTE OF HEALTH WITH CDC

Diabetes Awareness

American Diabetes Month — November 2009

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

Diabetes is one of the most debilitating diseases in the U.S., affecting nearly 24 million people. If it isn't well managed, diabetes can lead to a number of complications, including blindness, kidney failure, loss of limbs through amputation, and even death.

Obesity and physical inactivity are major factors in the onset and severity of type 2 diabetes. As the problem of obesity increases in the U.S., so will the number of adults being diagnosed with diabetes. Eating a balanced diet and maintaining a healthy weight are important ways to prevent or delay the onset of type 2 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, 24/7.