

WORLD HEALTH DAY 2016

Protect Yourself and Your Family

If someone in your family has diabetes, you may have it too. Diabetes and its complications can be prevented. Be informed, know the risks and follow your health provider's advice.

Eat Healthy

Fatty and sugary foods will increase your risk for diabetes. Fresh whole foods in proper portions, low in saturated fat and sugar are best: eat more fruits and vegetables.



Get Moving

Physical inactivity increases your risk for diabetes. Walking is the simplest form of physical activity, and it's free. You can do it anytime and anywhere.

Get in the circle.

Check Your Blood Sugar

The normal blood sugar level is below 6.1 mmol/L (110 mg/dL). Testing is quick and easy. Ask your health provider for advice.

TOGETHER
ON THE **FRONT LINES**
AGAINST DIABETES
