

**“I made a  
commitment that  
I would engage in  
physical exercise  
30 minutes a day  
for five days a  
week.”**



RALPH AND DORIS

**Race and ethnicity** can affect your risk of developing prediabetes. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans are at higher risk for type 2 diabetes.



**TAKE CHARGE**  
*of your* **HEALTH**



Visit **NEHealthMatters.org**  
to take the risk assessment and learn how to  
**prevent, treat** and **reverse** prediabetes!

