



I ASK IF SCREENING FOR TYPE 2 DIABETES IS RIGHT FOR ME.
It's quick and easy, and it helps me stay in control of my health.

I SKIP SCREENING.
I don't know my blood sugar numbers and ignore my risks, even if others in my family have diabetes.

I EAT UNHEALTHY FOODS.
I avoid vegetables and fruits, even when they are available, and mostly eat food I know isn't good.

I CHOOSE MORE HEALTHY FOODS.
I eat more fresh fruits and vegetables and trade sugary drinks for seltzer and water. I cook at home more often.

I MOVE MY BODY MORE.
I make small changes like getting off the bus one stop early and taking the stairs. It only takes a few minutes throughout the day to get in a whole workout.

I MOVE MY BODY LESS AND LESS.
During my free time, I find myself sitting a lot.

Are You on the Path to Type 2 Diabetes?

I DO NOT KNOW HOW TO PREVENT DIABETES.
It is hard for me to get information, and I'd rather not know.

I LEARN HOW TO PREVENT DIABETES.
My doctor suggests I take a class with other people who have prediabetes. At the class, I share my experience, and other people share theirs.

Making healthy choices can delay or prevent type 2 diabetes.
WHICH PATH WILL YOU TAKE?

I GO IT ALONE.
My family and friends worry about my health. There's nothing wrong with me, and I don't think I need help.

I SHARE MY STRUGGLES AND JOURNEY. It's not always easy to make changes, but having the support of my family and friends motivates me.

Being on this path I feel tired and unhealthy. I wish I had chosen a different path so I could take control of my health.

Being on this path has made me feel healthy and happy. It allows me to be in control of my health journey.



IT IS NEVER TOO LATE TO LIVE A HEALTHIER LIFE!

