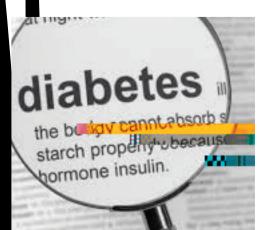
## iabetes

## WHAT IS TYPE 2 DIABETES?



## WHO'S AT RISK?

## WHY ARE THERE DISPARITIES IN TYPE 2 DIABETES?





Increasing exercise, even if coming from a sedentary lifestyle, can drastically lower the risk of diabetes. Improving food choices can also be effective.