

TAKE CHARGE *of your* HEALTH

Type two diabetes has a strong link to family history. If you have relatives with type two diabetes, **you are more likely to get prediabetes or diabetes.**

Recognizing you are at risk can ensure you don't walk the same path!

TAKE THE DIABETES RISK ASSESSMENT:

NEHealthMatters.org



“How you live today
reflects how your
**health will be affected
years ahead.”**

DAVID NEWSON

When two of his relatives died of diabetes, David knew that he could not follow the same path. He now regularly exercises, and has been able to **keep his diabetes under control!**

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