

# TAKE CHARGE *of your* HEALTH

Once you know your risk,  
**Diabetes Prevention  
Programs are here to help  
you make basic lifestyle  
changes.** These basic lifestyle  
changes are as simple as getting  
regular physical activity and  
having a well balanced diet!

TAKE THE DIABETES RISK ASSESSMENT:

**NEHealthMatters.org**



**“If you are aware,  
then you **can do**  
**something about it.”****

BOBBY WATERS

Bobby knows that **controlling your diabetes is  
understanding your risk and taking action.**

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