

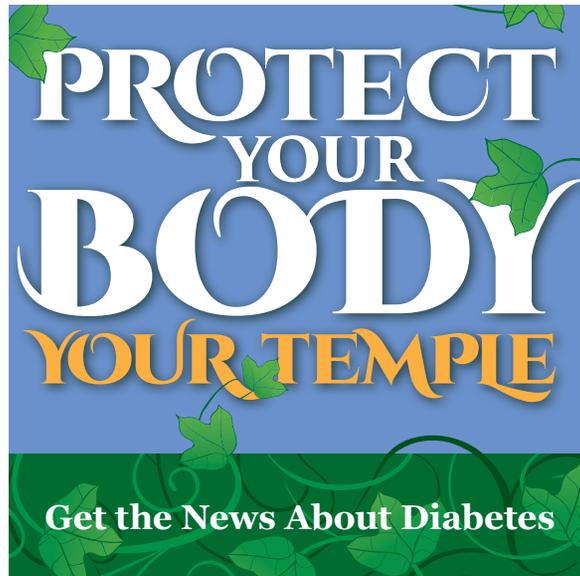
African-Americans are **twice as likely** to develop diabetes as whites.

The Good News

You can prevent or delay the onset of diabetes by:

- Losing just a little weight
- Increasing physical activity (for 30 minutes a day, five days a week)
- Eating a reduced fat and lower calorie diet

Small Steps. Big Rewards!



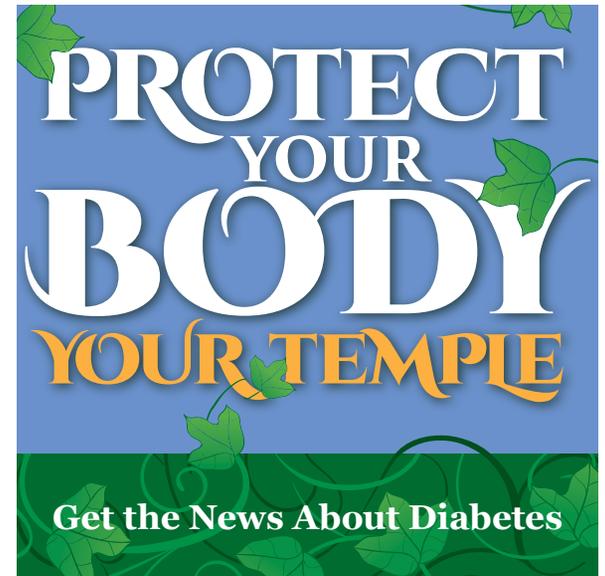
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