

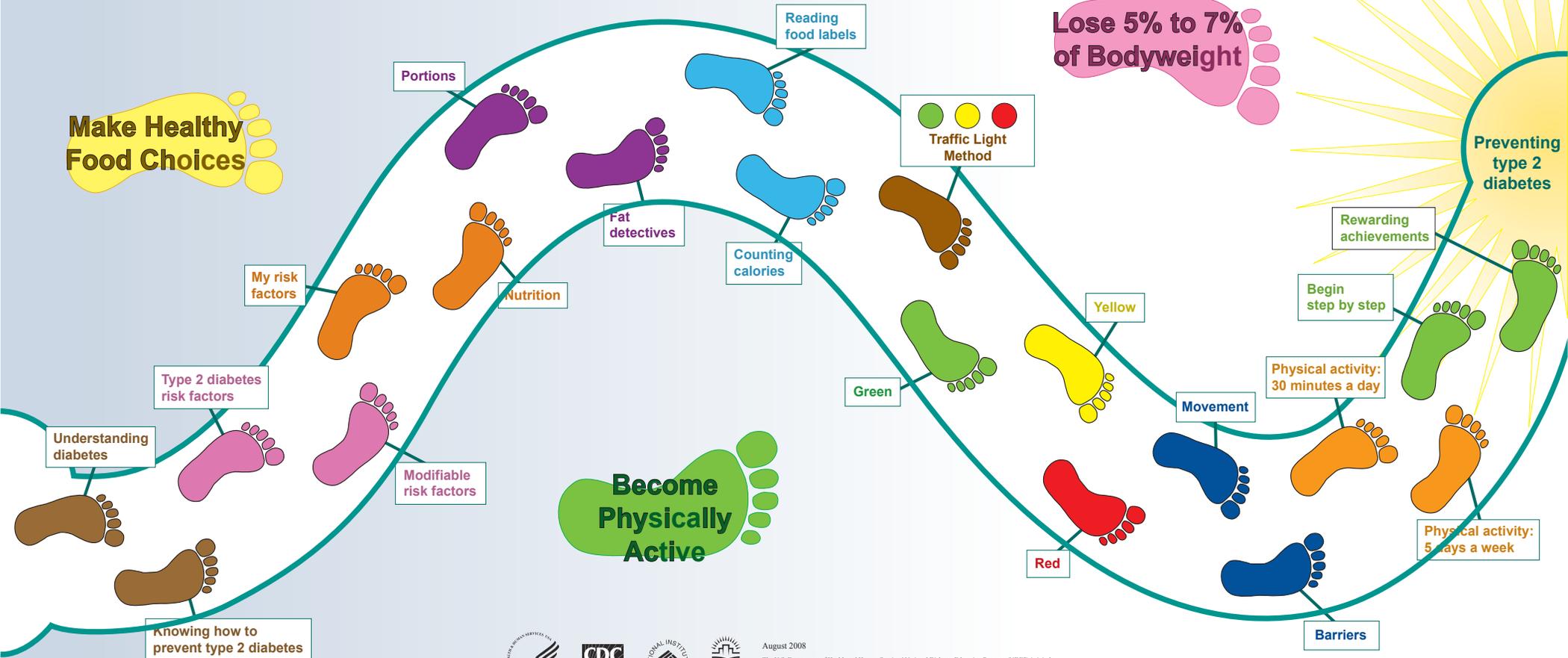
Step by Step — The Road to Health

Make Healthy Food Choices

Lose 5% to 7% of Bodyweight

Preventing type 2 diabetes

Become Physically Active



August 2008

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.