



## Learn More About Preventing Type 2 Diabetes

Diabetes Alert Day is March 26. Learn more about type 2 diabetes and what you can do to reduce your risk for developing the disease by checking out the CDC resources listed below.

Take the first step by finding out if you are at risk for prediabetes, a condition that increases your risk for type 2 diabetes. Take the quiz at right, then share it with friends and relatives. If the results show you have a high risk for prediabetes, consult your health care provider.

In addition, find out if the [National Diabetes Prevention Program](#) (National DPP) is [offered](#) in your community. CDC leads the National DPP, which is bringing lifestyle change programs to communities to help Americans take steps to preserve their health. The group classes are based on research which shows that making modest behavior changes, such as improving food choices and increasing physical activity, will reduce the risk of developing type 2 diabetes. To learn more about the program and hear from class members with prediabetes who have made changes to reduce their risk for type 2 diabetes, watch the video [A Change for Life](#).

The [National Diabetes Education Program](#), a joint initiative of CDC and the National Institutes of Health, provides resources on preventing type 2 diabetes and tools to help people with diabetes manage the disease to reduce the risk of serious complications such as kidney failure, blindness, and amputation of feet and legs.

## Helpful Resources

- The latest [MMWR](#) on prediabetes.
- New [poster \[JPG-13.6MB\]](#) is available to download to help spread the word about the importance of diabetes prevention and control.
- Social media messages. Consider reposting or re-tweeting these messages to help spread the word.
- [Blood, Sugar and Fears](#) [VIDEO – 4:23 minutes]
- [National Diabetes Fact Sheet, 2011](#)  [\[PDF-2.66MB\]](#). View the latest U.S. diabetes statistics and figures.
- [PowerPoint slides on diabetes](#). View or download diabetes and obesity maps and graphs.
- [Data and Statistics](#). Find the diabetes, obesity and physical inactivity levels for your county.

## CDC Podcasts

- [Get Real about Diabetes Prevention](#)
- [Keep your Kids Moving](#)