



You don't have to make drastic changes to prevent diabetes.

November  
is Diabetes  
Awareness  
Month

Nearly 90 million Americans are at risk for developing type 2 diabetes, and being overweight or obese is the single most important factor. The good news is, you can prevent or delay diabetes by losing just 5-7% of your body weight through increased physical activity and a reduced fat and lower calorie diet. If you are unsure whether you are at risk, talk to your doctor. Get better with Baptist.



[baptistonline.org](http://baptistonline.org)

1-800-4BAPTIST

Get Better.