



world diabetes day
14 November



UNDERSTAND TYPE 2 DIABETES ARE YOU AT RISK?

family
history



lack of
exercise



unhealthy
diet



overweight



**Diabetes can affect anyone.
If left untreated, it is deadly.**

Seven million people are diagnosed with type 2 diabetes each year.
If you think you're at risk, get tested.

See all the risk factors at www.worlddiabetesday.org



International
Diabetes
Federation

www.worlddiabetesday.org



World Health
Organization