

Is **Diabetes** in your **Family Tree**?



Lower your risk -

- Don't smoke
- Eat smaller portions
- Be active 10 minutes 3 times a day
- Eat more fruits & vegetables and less fat
- Talk to your doctor about all serious health problems in your family tree

www.mn-dc.org

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American Diabetes Association – Minnesota
Blue Cross and Blue Shield of Minnesota
HealthPartners

Institute for Clinical Systems Improvement
Itasca Medical Care (IMCare)
Medica

Metropolitan Health Plan (MHP)
Minneapolis St. Paul Diabetes Educators
Minnesota Community Measurement

Minnesota Department of Health
PreferredOne
PrimeWest Health

South Country Health Alliance
Stratis Health
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