



Diabetes is **NO** Sweet Thing!

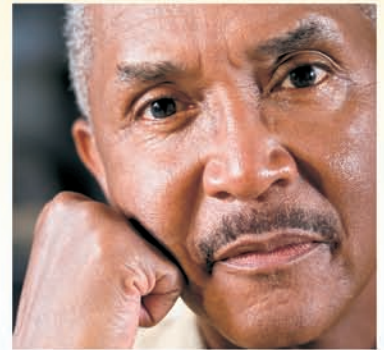


Who is at
greater
risk for
type 2
diabetes?



**YOU are at greater risk
of type 2 diabetes if you:**

- are overweight or obese
- have high blood cholesterol and/or high blood pressure
- smoke or are often around other people who smoke
- eat too much white starchy foods, fried and fatty foods, junk food and sugar-sweetened drinks



**Even if diabetes runs in your family,
it does not mean that you will get
diabetes. You can reduce your risk
by learning about diabetes and
taking charge of your health.**



Diabetes is serious.

For more information about diabetes or the *Diabetes is No Sweet Thing!* project, contact Sumter County Active Lifestyles at **803-774-3860** or **3861**, or by email at lpekuri@sumtercountysc.org. This project is funded in part by REACH US: SEA-CEED Grant/Cooperative Agreement 1U58DP001015-04 from the Centers for Disease Control and Prevention.

