

SWEET ON YOU



About **24 million** people in the U.S. have diabetes.



You can **prevent or delay diabetes** by maintaining a healthy weight, eating sensibly and exercising regularly.

Today, diabetes remains the **#1** cause of blindness and kidney failure in the U.S.



50% of African-American women, Hispanic men and Hispanic women will develop Type 2 diabetes in their lifetimes.



2 out of 4 people over the age of 65 have prediabetes.

It is **not uncommon** to see early signs of heart disease and kidney damage in youths with Type 2 diabetes.



Diabetes can be prevented, but it cannot be cured.