Over 38,000 Tennesseans are diagnosed with diabetes each year.

- Approximately 817,852 people in Tennessee have diabetes. That’s almost 15% of the adult population.
- Of these, an estimated 161,000 have diabetes, but don’t know it.

RISK FACTORS FOR TYPE 2 DIABETES:

- Being overweight
- Having a family history
- Being physically inactive
- Being 45 and older

WHAT CAN YOU DO?

You can prevent or delay type 2 diabetes

- Lose weight if needed
- Eat healthy
- Be more active

You can manage diabetes

- Work with a health professional
- Eat healthy
- Stay active

For local information check Health.hamiltonTN.org or The Centers for Disease Control and Prevention at CDC.org/diabetes.gov.