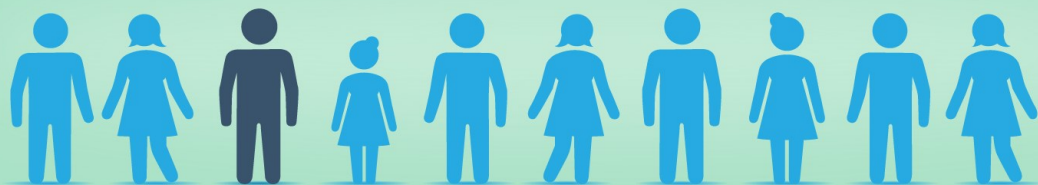


# DIABETES IN TENNESSEE

38,000

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



That's about 1 out of every 10 people



- 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



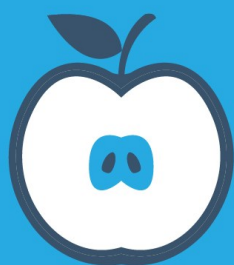
BEING  
45 AND  
OLDER

## WHAT CAN YOU DO?

You can **prevent** or **delay**  
type 2 diabetes



LOSE  
WEIGHT  
IF NEEDED



EAT  
HEALTHY



BE MORE  
ACTIVE



WORK WITH A  
HEALTH  
PROFESSIONAL



EAT  
HEALTHY



STAY  
ACTIVE