

Asian Americans, Native Hawaiians and Pacific Islanders are at greater risk for type 2 diabetes at any weight.

YOU COULD BE AT RISK TOO.

If you can check **one** of these boxes, you are at risk for type 2 diabetes.

- I am of Asian descent
- I am of Hawaiian descent
- I am of Pacific Islander descent
- I am overweight/obese
- I do not exercise regularly
- I am over 45 years old
- I have family members with diabetes

WHAT IS DIABETES?

Diabetes is a disease that affects every part of your body. If untreated, diabetes can lead to heart attack, stroke, kidney disease, blindness, amputations and death.

The good news is you can prevent or delay getting type 2 diabetes by eating healthy and getting regular physical activity.

Ask your doctor if you should be screened for type 2 diabetes.



“I couldn't believe it when I was diagnosed with type 2 diabetes. I was at risk even though I've never been overweight.”



The American Diabetes Association is committed to supporting Asian Americans, Native Hawaiians and Pacific Islanders in preventing and living with diabetes.

Call 1-800-DIABETES (1-800-342-2383) or visit diabetes.org for more information about diabetes and to get involved.