

Step by Step

HOW TO PREVENT TYPE 2 DIABETES

The Road to Health Toolkit provides materials to start a community outreach program to help people prevent or delay type 2 diabetes.

**Understand
diabetes**



**Become
physically active**



**Make healthy
food choices**



Preventing type 2 diabetes

Type 2 diabetes can be prevented or delayed by making lasting lifestyle changes.

Click on each step on the road to find out how you can prevent it.