

Protect Yourself and Your Family

If someone in your family has diabetes, you may have it too. Diabetes and its complications can be prevented.

Be informed, know the risks and follow your health provider's advice.

Check Your Blood Sugar

Around half of the Region's diabetics could lessen their risk of developing harmful and costly complications if they are screened as early as possible.

The normal blood sugar level is less than 6.1 mmol/L or 110 mg/dL. Testing is quick and easy. Ask your health provider for advice.



WORLD
HEALTH DAY
2016
TOGETHER
ON THE FRONT LINES
AGAINST
DIABETES



This is the Blue Circle,

the universal symbol for diabetes.

As the disease reaches global epidemic proportions, we encourage you to show your support in raising awareness and taking action against diabetes by following these four simple steps.

Eat Healthy

If your diet always includes food that is high in fat, saturated fatty acids and sugar-sweetened beverages, or if you don't consume enough fibre, you are at risk for type 2 diabetes.

Eat more vegetables, fruits, fresh and organic food.
Avoid processed or fatty food.
Explore healthier eating choices coupled with regular physical activity.



Get in the circle.



Get Moving

Diabetes has been traced to obesity, which is in turn attributed to excess caloric intake and lack of physical activity.

This can be prevented by staying active. Walking is free and it's the simplest form of exercise. You can do it anytime and anywhere.