



Is Diabetes or Heart Disease in Your Family Tree?



**LOWER
YOUR
RISK**

www.mn-dc.org



Eat more fruits, vegetables &
whole grains and less fat

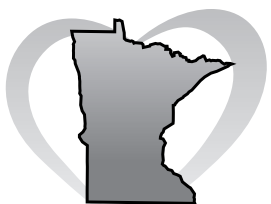
Be active 30 minutes a day,
5 times a week

Don't smoke

Eat smaller portions and lose
10 pounds if you are overweight

Watch your blood pressure
and cholesterol

Talk to your doctor about all
serious health problems in
your family tree



**Minnesota Diabetes &
Heart Health Collaborative**

American Diabetes Association
Blue Cross and Blue Shield of Minnesota
HealthPartners
Institute for Clinical Systems Improvement
Itasca Medical Care (IMCare)

Medica
Minnesota Department of Health
PreferredOne
PrimeWest Health
Metropolitan Health Plan

Minneapolis - St. Paul Diabetes Educators
Minnesota Community Measurement
South Country Health Alliance
Stratis Health
UCare