



**Is
Diabetes
in your
Family Tree?**

Lower your risk -

- Eat more fruits, vegetables & whole grains and less fat
- Eat smaller portions and lose 10 pounds if you are overweight
- Be active 30 minutes a day, 5 times a week
- Watch your blood pressure and cholesterol
- Don't smoke
- Talk to your doctor about all serious health problems in your family tree



**Minnesota Diabetes &
Heart Health Collaborative**
www.mn-dc.org

MN-DC was formed to improve diabetes care in Minnesota by providing consistent, evidence-based messages, promoting best diabetes practices, coordinating initiatives, sharing knowledge and stretching limited resources

American Diabetes Association - Minnesota Area
Blue Cross and Blue Shield of Minnesota HealthPartners
Institute for Clinical Systems Improvement
Itasca Medical Care (IMCare)
Medica
Metropolitan Health Plan
Minneapolis St. Paul Diabetes Educators
Minnesota Community Measurement
Minnesota Department of Health
PreferredOne
PrimeWest Health
South Country Health Alliance
Stratis Health
UCare