

You Have the Power to Prevent Type 2 Diabetes (0:30)

[Announcer] Have you heard the good news? You don't have to give up everything to prevent diabetes. It's about small steps that lead to big rewards. You can delay or prevent type 2 diabetes by losing a modest amount of weight, eating healthier, and being physically active most days. If you're an African American adult over the age of 45, learn more about the risk for type 2 diabetes. Visit the Orange County Health Department online at www.orangecountync.gov/health or call 245-2400. A message from the Orange County Health Department.

Get Up, Get Out, Get Moving: Prevent Type 2 Diabetes (0:30)

[Announcer] If you're an African American adult age 45 or older, you may be at risk for type 2 diabetes. But there's good news: You have the power to prevent diabetes. Get up, get out, and get moving! Lose a small amount of weight by being physically active 30-minutes a day. Eat the foods you enjoy, but eat them less. Choose fruits and vegetables over fried foods. To learn more, visit the Orange County Health Department online at www.orangecountync.gov/health or call 245-2400. A message from the Orange County Health Department.