

89 WORDS, 30 SECONDS

YOUR FAMILY'S HEALTH

DIABETES IS A SERIOUS DISEASE THAT RUNS IN FAMILIES. IF YOUR PARENTS OR SIBLINGS HAVE TYPE-TWO DIABETES, YOU HAVE A GREATER CHANCE OF GETTING THE DISEASE. IF YOU'RE AFRICAN-AMERICAN, HISPANIC OR LATINO, AMERICAN INDIAN, ALASKA NATIVE, ASIAN AMERICAN, NATIVE HAWAIIAN OR PACIFIC ISLANDER, YOU ALSO HAVE A HIGHER CHANCE OF DEVELOPING THE DISEASE. THE NATIONAL DIABETES EDUCATION PROGRAM WANTS TO HELP YOU UNDERSTAND YOUR RISK. VISIT THE N-D-E-P WEBSITE AT YOUR-DIABETES-INFO--DOT--ORG FOR DIABETES PREVENTION TOOLS, INCLUDING THE FAMILY HEALTH HISTORY QUIZ.