

world diabetes day  
14 November

"There's a lot of type 2 diabetes in my family. I've lost relatives and witnessed close up just how serious it can be."

Nuri from Iraq



**1 in 11**  
people live with diabetes

522 MILLION, THE EXPECTED NUMBER OF PEOPLE WITH DIABETES BY 2030

# DIABETES CONCERNS EVERY FAMILY

## KEY RISK FACTORS FOR TYPE 2 DIABETES



OVERWEIGHT AND OBESITY



UNHEALTHY DIET



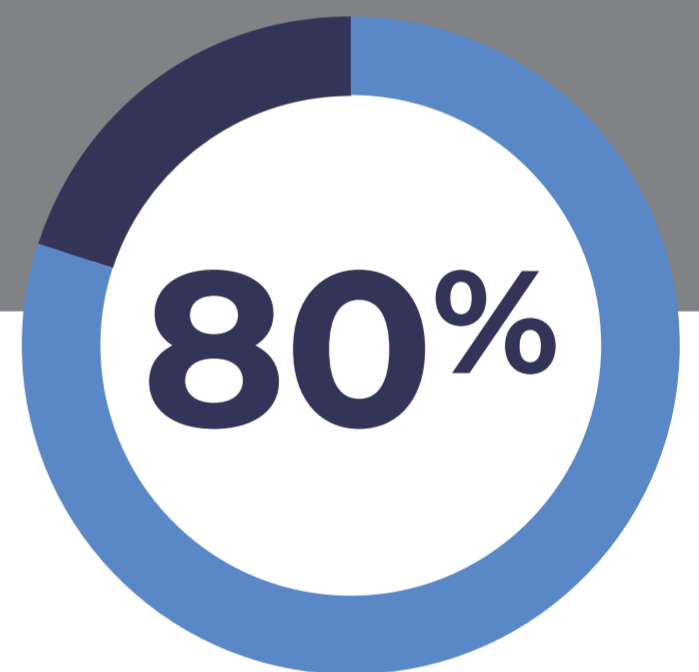
LACK OF EXERCISE



FAMILY HISTORY



HIGH BLOOD PRESSURE



80%  
OF TYPE 2 DIABETES IS PREVENTABLE BY ADOPTING A HEALTHY LIFESTYLE



"I make sure my family knows about diabetes and what we can do to reduce our risk."

#WDD2018

Could you prevent type 2 diabetes in your family?

[www.worlddiabetesday.org/prevent](http://www.worlddiabetesday.org/prevent)



International Diabetes Federation