

# World diabetes day 14<sup>th</sup> november

Make **HEALTHY EATING** a **RIGHT**, not a privilege



CONSISTENTLY = **HIGH blood SUGAR LEVELS**

If left unmanaged can result in serious health complications



**HEALTHY EATING** and physical activity



**COULD PREVENT**

**IS AN IMPORTANT**

**UP TO 70%** of type 2 **DIABETES**



**PART OF EFFECTIVELY MANAGING type 1 DIABETES**



**THEME 2021**

**ACCESS TO DIABETES CARE IF NOT NOW, WHEN?**

Ministry of Health and Family Welfare  
Government of India

NATIONAL HEALTH PORTAL



Website: <http://www.nhp.gov.in/>

# DIABETES PREVENTION TIPS



- Eat healthy.
- Stay active.
- Know your risk factors and take action.
- Maintain a healthy weight.
- Avoid tobacco and limit alcohol.
- Go for regular checkup for early diagnosis.
- Take prescribed medicine regularly.

**HALT the diabetes EPIDEMIC**

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

#WDD

Medical Section, TIFR



world diabetes day  
14 November