



Your Score: ___ of 10

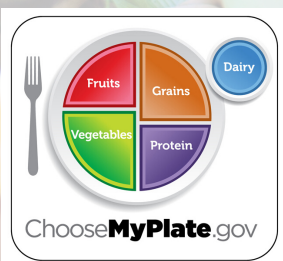
Healthy habits to help keep your risk low:

- Get at least 150 minutes of physical activity a week.
- Keep your weight in a healthy range.
- Eat healthy foods, including lots of fruits and veggies.
- Drink more water and fewer sugary drinks.
- Don't smoke.

Invite friends and family to take the risk test at: <https://www.cdc.gov/prediabetes/takethetest/>

For more prediabetes and diabetes information visit: <https://www.cdc.gov/diabetes/prevent-type-2/>

For more nutrition information visit:



<https://www.feedingpa.org/hpi/>