



**ACCESS TO HEALTHY DIET AND  
PHYSICAL ACTIVITY**



**International  
Diabetes  
Federation**



world diabetes day  
14 November



**OVER  
50%**

of type 2 diabetes  
can be prevented

People living with or at risk of diabetes needs access to healthy food and a place to exercise. Both are fundamental components of diabetes care and prevention.

# IF NOT NOW, WHEN?

Join our campaign at:

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

#IfNotNowWhen