



**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 need 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

[#IfNotNowWhen](https://twitter.com/IfNotNowWhen)