

# Defend Against Diabetes bookmarks or handouts



**Learn your diabetes risk.**

**[www.Defend Against Diabetes.ne.gov](http://www.Defend Against Diabetes.ne.gov)**

You have the power to prevent or delay type 2 diabetes. Visit our website to learn your risk and what you can do to Defend Against Diabetes.

*Nebraska Department of Health and Human Services*

**Defend against diabetes**  
Nebraska Families TEAM UP



**Learn your diabetes risk.**

**[www.Defend Against Diabetes.ne.gov](http://www.Defend Against Diabetes.ne.gov)**

You have the power to prevent or delay type 2 diabetes. Visit our website to learn your risk and what you can do to Defend Against Diabetes.

*Nebraska Department of Health and Human Services*

**Defend against diabetes**  
Nebraska Families TEAM UP



**Learn your diabetes risk.**

**[www.Defend Against Diabetes.ne.gov](http://www.Defend Against Diabetes.ne.gov)**

You have the power to prevent or delay type 2 diabetes. Visit our website to learn your risk and what you can do to Defend Against Diabetes.

*Nebraska Department of Health and Human Services*

**Defend against diabetes**  
Nebraska Families TEAM UP



**Learn your diabetes risk.**

**[www.Defend Against Diabetes.ne.gov](http://www.Defend Against Diabetes.ne.gov)**

You have the power to prevent or delay type 2 diabetes. Visit our website to learn your risk and what you can do to Defend Against Diabetes.

*Nebraska Department of Health and Human Services*

**Defend against diabetes**  
Nebraska Families TEAM UP