



# Is Diabetes or Heart Disease in Your Family Tree?



**LOWER  
YOUR  
RISK**

[www.mn-dc.org](http://www.mn-dc.org)



Eat more fruits, vegetables &  
whole grains and less fat

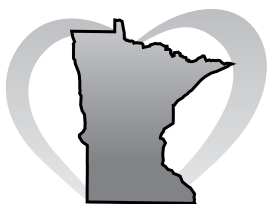
Be active 30 minutes a day,  
5 times a week

Don't smoke

Eat smaller portions and lose  
10 pounds if you are overweight

Watch your blood pressure  
and cholesterol

Talk to your doctor about all  
serious health problems in  
your family tree



**Minnesota Diabetes &  
Heart Health Collaborative**

American Diabetes Association  
Blue Cross and Blue Shield of Minnesota  
HealthPartners  
Institute for Clinical Systems Improvement  
Itasca Medical Care (IMCare)

Medica  
Minnesota Department of Health  
PreferredOne  
PrimeWest Health  
Metropolitan Health Plan

Minneapolis - St. Paul Diabetes Educators  
Minnesota Community Measurement  
South Country Health Alliance  
Stratis Health  
UCare