

# Protect Our Future: Prevent Type 2 Diabetes

Type 2 diabetes is a chronic, lifelong condition. The World Health Organization predicts the number of diabetes sufferers worldwide will double by 2030 – driven by obesity and sedentary lifestyles.



Currently, within 5EU, US, Japan, Brazil, China and Russia, there are

# 56.5m

patients reporting a diagnosis of type 2 diabetes.



Number of people experiencing pre-diabetes

# 79.1m

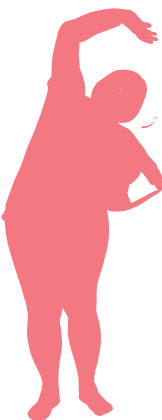
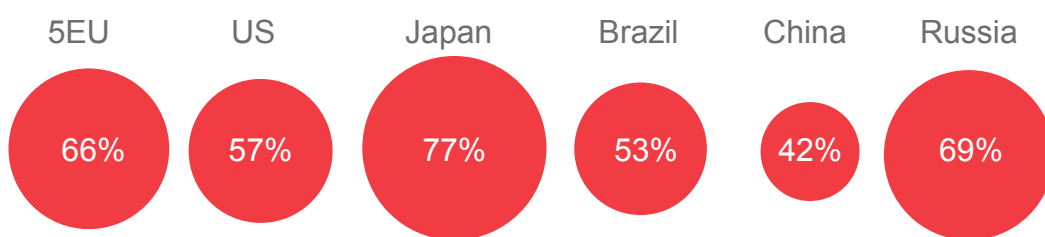
Before people develop type 2 diabetes, they can experience “pre-diabetes” – blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Developing a healthier and more active lifestyle can reverse “pre-diabetes” and will help prevent diabetes for those with a family history or for others focused on preventing the disease.

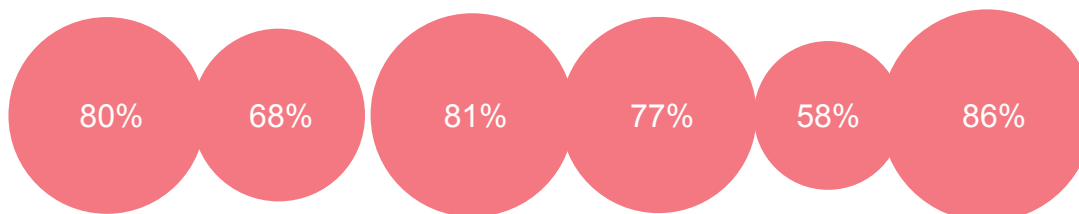
Despite this, **large numbers** of potential diabetes sufferers are not taking the necessary steps.



% Who do **NOT** change diet



% Who do **NOT** exercise regularly



Many people around the world are taking steps to prevent type 2 diabetes, **but many people still are not**. Protect our future by developing a healthy lifestyle and reducing the risk of type 2 diabetes and pre-diabetes.