

# Are you at risk for type 2 diabetes?

[www.DefendAgainstDiabetes.ne.gov](http://www.DefendAgainstDiabetes.ne.gov)

Visit our website to learn your diabetes risk and what you can do to Defend Against Diabetes.

**Defend.**  
**against**  
**diabetes**  
Nebraska Families Team Up

Department of Health & Human Services

**DHHS**  
NEBRASKA

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