

TO LIFE!

A Diabetes Prevention Campaign

Congratulations! You have taken an important first step toward better health. You have joined many other Manitobans who want to reduce their personal risk for Type 2 diabetes and other chronic diseases.

Between 1996 and 1998, more than 1,000 Manitobans came together to plan ways to improve prevention, education, care, research and support services for diabetes. *Diabetes: A Manitoba Strategy* was developed and includes 53 recommendations for action. One of those recommendations was to develop a public awareness program about the prevention of Type 2 diabetes.

The spirit of *To Life!* and its diabetes prevention message is reflected in the Regional Diabetes Program being developed by Manitoba Health, regional health authorities and their partners across the province. This program will co-ordinate prevention, education, care, research and support services for people affected by diabetes in Manitoba. The Regional Diabetes Program is based on more than half of the recommendations from *Diabetes: A Manitoba Strategy*.

Manitoba Health, the Canadian Diabetes Association and many other partners are working together to improve the lives of people affected by diabetes. Many people can help, but you are the most important person in this plan.

When you lead an active life, make healthy food choices and choose not to smoke, you set an example for all Manitobans. Your actions can help to prevent Type 2 diabetes and other chronic diseases in our province.

The Canadian Diabetes Association, Health Canada and Manitoba Health congratulate you for choosing wellness. Good luck as you take that important first step. May it be the beginning of a lifetime of healthy choices.



Diabetes
A Manitoba Strategy

Manitoba
Health

