



What are the needed actions?

Governments are responsible for raising public awareness about diabetes, for creating environments that enable people to follow healthy lifestyles, for implementing measures that reduce the exposure of populations to risk factors that can lead to diabetes, and for ensuring access to acceptable standards of health care for all people with diabetes. Individuals need to take responsibility for their own health through simple lifestyle measures which include engaging in regular physical activity, maintaining a healthy weight and eating healthy food.

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