# **Diabetes**WHO projects that diabetes will be the 7th leading cause of death by 2030

## Prevent and manage diabetes through diet and physical activity

#### Governments

Effect health policies Foster active, healthy environments Ban marketing of unhealthy foods Provide care to manage diabetes In the
Eastern Mediterranean Region
14% of the population has
diabetes

### Individuals and families

Adopt healthy eating habits and become physically active

## Civil society groups

Educate and advocate for healthy behaviours and early detection of diabetes

www.emro.who.int/ncds