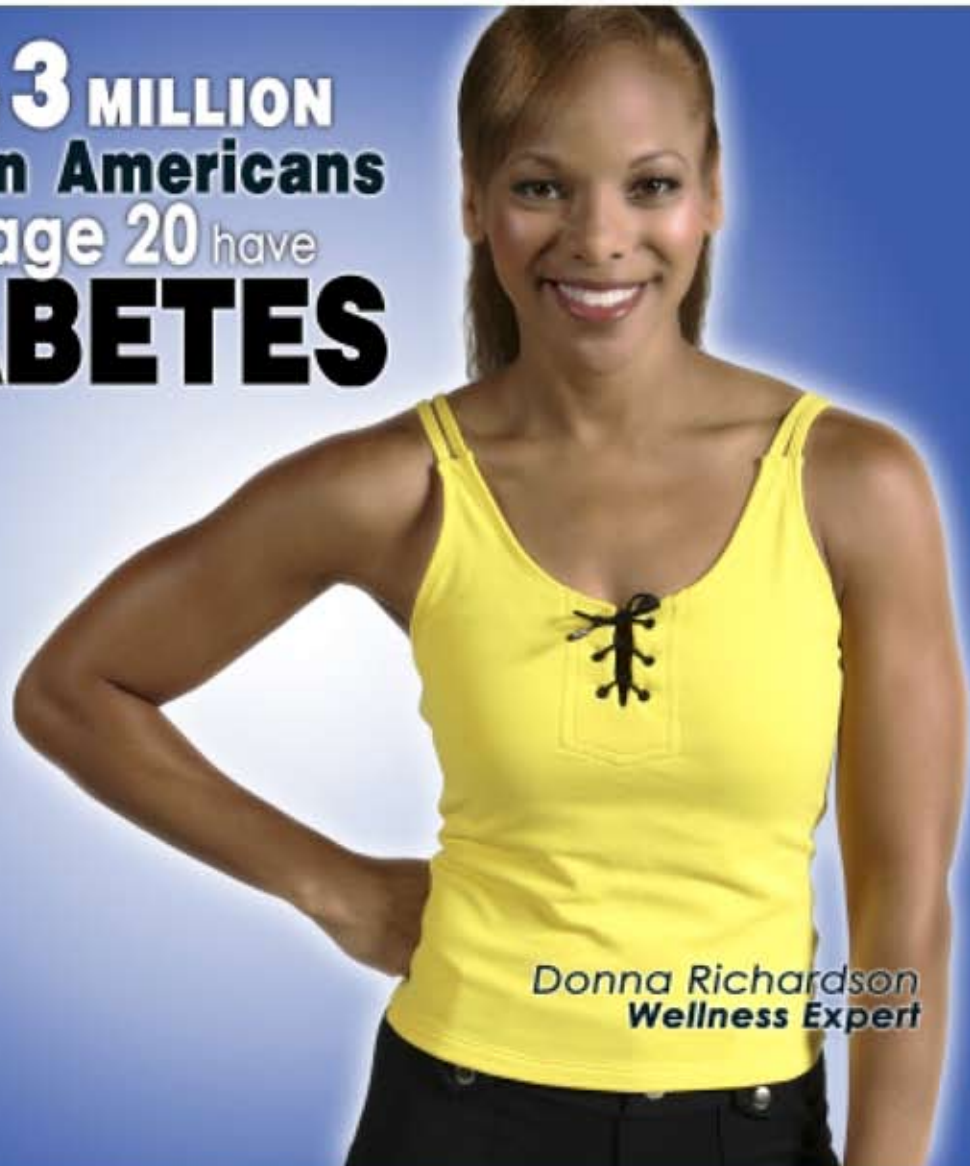


**"IT'S A FACT..."**

Almost **3 MILLION**  
**African Americans**  
over **age 20** have  
**DIABETES**



*Donna Richardson*  
**Wellness Expert**

**What can I do about it?**

"Eat more **fresh produce** and **exercise** daily.  
Your health will **improve** and you'll look and feel **better**."

"**Know** the **facts** and take action.  
You'll have a longer, **healthier** life."

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Florida Department of Agriculture and Consumer Services

