



www.123ActionNow.org

- 1.** Eat healthy.
- 2.** Move more.
- 3.** Know your numbers.

— Available Now —



Notice

— Available Now —



Our Goal:

Promote public action . . .

- to identify personal risk of diabetes
- to make healthy lifestyle choices
- to contact their healthcare provider with questions.

Activities center around:

- Prevention
- Risk Assessment & Referral
- Treatment & Management

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Sponsored in partnership with:

- American Diabetes Association
- ARC of Lincoln/Lancaster County
- BryanLGH Medical Center
- CIMRO of Nebraska
- Community Health Endowment of Lincoln
- Diabetes Prevention & Control Program of Nebraska Health & Human Services System
- Doane College - Lincoln
- Four Star Drug
- Lancaster County Medical Society
- Lincoln Action Program
- Lincoln Chamber of Commerce
- Lincoln-Lancaster County Health Department
- Lincoln Medical Education Partnership
- Lincoln Public Schools
- Madonna Rehabilitation Hospital
- Matt Talbot Kitchen and Outreach
- NAF - Multicultural Human Development Corporation
- Nebraska Dental Association
- Nebraska Dietetic Association
- Nebraska Heart Institute
- Nebraska Optometric Association
- Nebraska Urban Indian Medical Coalition
- Nebraska Wesleyan University
- People's Health Center
- Prairielands Addictions Technology Transfer Center
- Saint Elizabeth Regional Medical Center
- SnitilyCarr Advertising
- Union Bank and Trust
- Union College
- University of Nebraska - Lincoln
- University of Nebraska Medical Center

And others, including, dietitians, doctors, nurses, local businesses, grocery stores, pharmacies & public-minded citizens