



Are the statements True (T) or False (F)?

STATEMENT	TRUE	FALSE
1. The risk of diabetes is reduced by gaining weight, especially in the abdomen area.	T	F
2. By reducing sugary foods, refined carbs and trans-fats we can prevent diabetes.	T	F
3. One of the tips to avoid diabetes is to stop smoking.	T	F
4. The hemoglobin A1 measures our red blood cells.	T	F

Answer the given question.

What is the theme for World Diabetes Day for the year 2021?

World Diabetes Day Theme 2021 is

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