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NDEP | Preventing Type 2 Diabetes: Maintaining a Healthy Weight

Losing weight wasn't easy for Latecia, but after seeing her mom live with diabetes, she knew she needed to make changes in her life to prevent the disease. www.yourdiabetesinfo.org

You can also find this article published on [NDEP | Preventing Type 2 Diabetes: Maintaining a Healthy Weight](#), and on the tag pages [diabetes](#), [healthy](#), [Maintaining](#), [NDEP](#), [Preventing](#), [Type](#), [weight](#).