

Are you at risk of Type 2 Diabetes?

These factors could be putting you at risk of developing Type 2 Diabetes

Age

If you're White and over 40 years, or if you're over 25 years if you're African – Caribbean, Black African or South Asian

Ethnicity

South Asian, African-Caribbean, Black African

Blood Pressure

If you've ever had high blood pressure

Weight

Carrying extra weight around your middle

Family History

2-6x chance of developing it if parent, sibling, or child with diabetes

TYPE 2 DIABETES KNOW YOUR RISK

Identify your risk and self-refer now by using the Know Your Risk Tool visit www.preventing-diabetes.co.uk/know-your-risk



If you're found to be at risk, the NHS Healthier You Diabetes Prevention Programme will help you:



Taking Charge

- Understand ways to feel more in control of your health now and for the future



Moving More

- Understand how physical activity is crucially beneficial to prevent type 2 diabetes and will support you to become more physically active



Eating Well

- Support you to eat nourishing foods and achieve a healthy weight

For more information on the programme visit www.preventing-diabetes.co.uk

Due to Covid 19, all sessions will be held remotely. You will still be able to ask your coach questions and interact with other programme users.

Scan me to find out your risk

Want to join the programme?

If you have been told you're at risk of Type 2 Diabetes and have not yet been referred: You can ask your GP, nurse or NHS Health Check professional to refer you to your local Healthier You programme or visit us at www.preventing-diabetes.co.uk to complete the know your risk tool and self refer

