

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 African-Caribbean, Black African or South Asian and over 25 years

Ethnicity

African-Caribbean, Black African or South Asian

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 has diabetes

TYPE 2 DIABETES **KNOW YOUR RISK**

Identify your risk and self-refer now by using the Diabetes UK risk tool visit www.preventing-diabetes.co.uk/know-your-risk



If you're found to be at risk, the Healthier You NHS 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

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 service or visit us at www.preventing-diabetes.co.uk to complete the know your risk tool and self refer

Service provided by

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