



Know your risk of developing Type 2 diabetes


Your risk increases with age. If you are white and over 40 or over 25 if you're African-Caribbean, Black African, or South Asian you will be at higher risk of developing diabetes. You may also be at risk if you have high blood pressure or a have a family member with diabetes.

Check your risk at diabetes.org.uk/risk and ask your GP Practice about your local Healthier You service.

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME





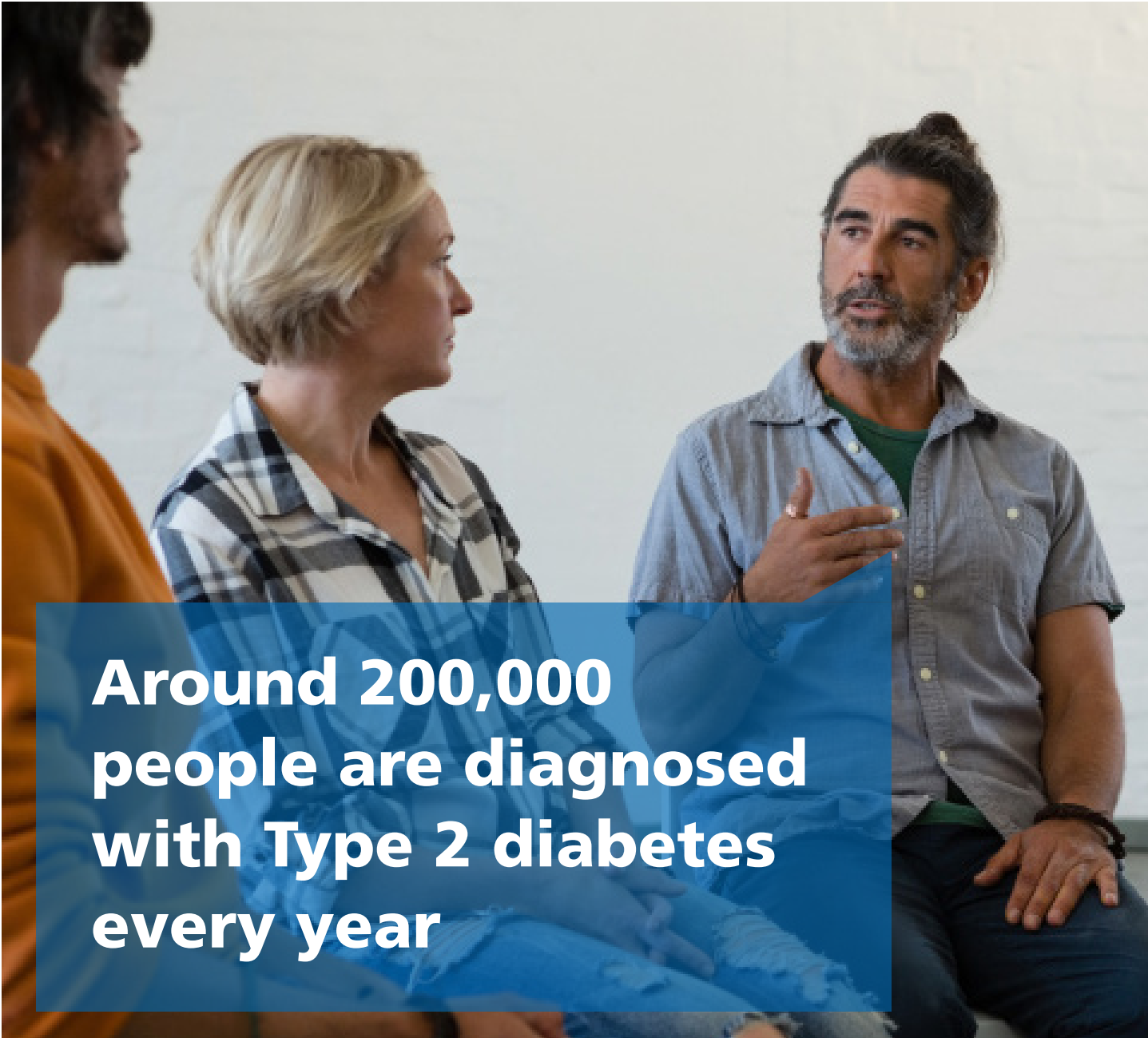
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Start your journey to a Healthier You with the NHS Diabetes Prevention Programme. A free, personalised programme to help you with your weight, healthy eating and exercise - reducing your risk of developing Type 2 diabetes.

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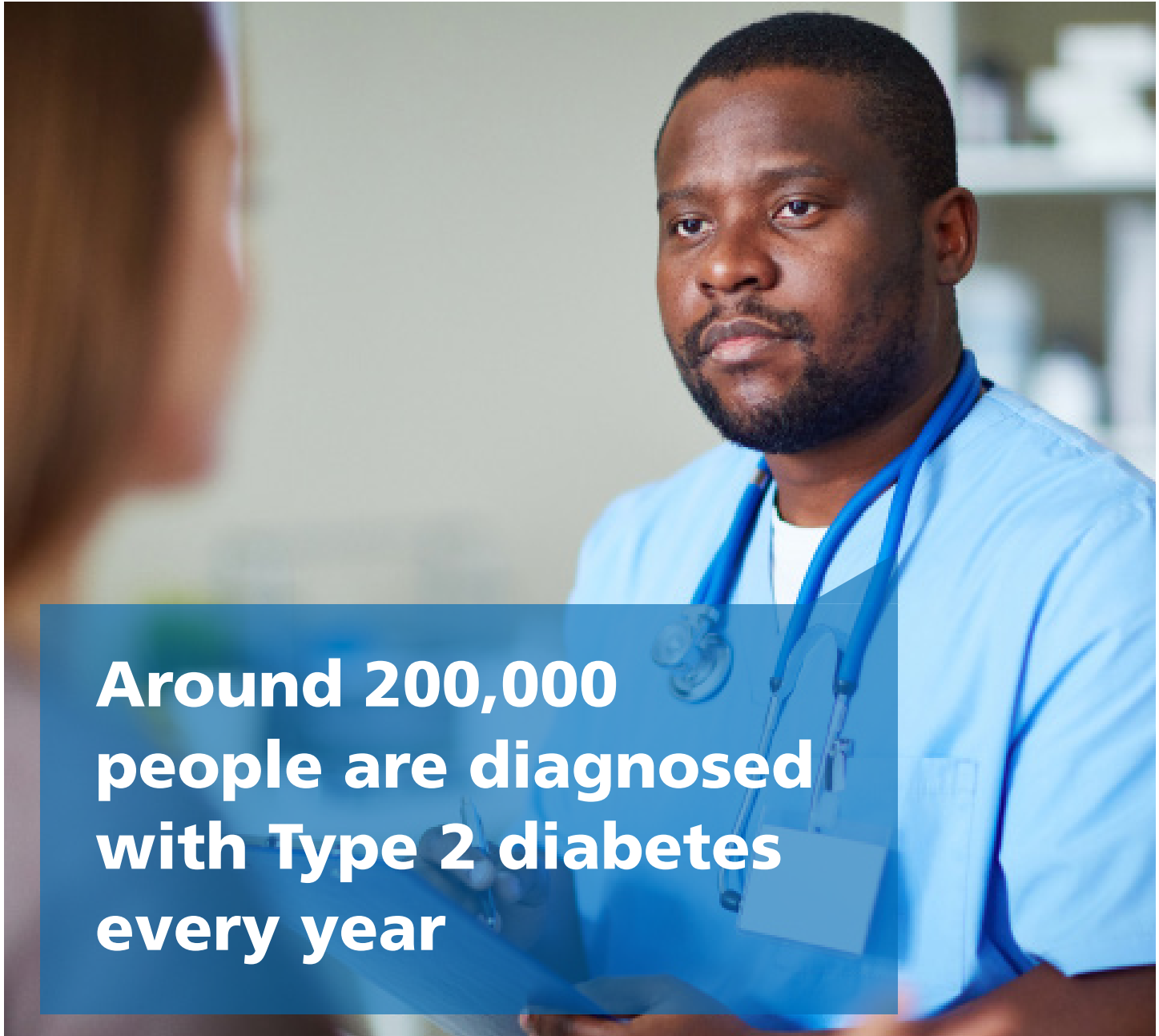
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You can get help to significantly reduce your risk of developing Type 2 diabetes

Making small changes to your lifestyle now can make a big impact on your future health - and having experts who can help you make the right choices along the way can make it even easier.

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Your ethnicity could put you at risk of Type 2 diabetes

Type 2 diabetes is two to four times more likely in people of South Asian descent and African-Caribbean or Black African descent. You can reduce your risk by eating healthily, being more active and managing your weight - and your local free Healthier You service can help.

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