



High risk groups include people with excess weight, people from South Asian, Black African and Black Caribbean backgrounds aged over 25, men aged over 40 and women who have previously had gestational diabetes. You may also be at risk if you have a family history of diabetes or have ever had high blood pressure.

Around 200,000 people are diagnosed with type 2 diabetes every year – you don't need to be one of them.

Research shows that the Healthier You programme has prevented thousands of new diagnoses of type 2 diabetes in England and saved people from potentially serious ill health. Check your risk of type 2 diabetes – it could be the most important thing you do today.

riskscore.diabetes.org.uk

Did you Know?

The average person diagnosed with diabetes in their 50s is likely to die **six years earlier** than someone without diabetes.

NHS

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Find out more about the Healthier You NHS Diabetes Prevention Programme at www.england.nhs.uk/ndpp



The Healthier You NHS Diabetes Prevention Programme is a joint initiative from NHS England and Diabetes UK.

NHS

ARE YOU AT RISK OF TYPE 2 DIABETES?

Start the journey to a

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

#PREVENTINGTYPE2

Around 200,000 people are diagnosed with type 2 diabetes every year – putting them at risk of potentially serious health complications and early death.

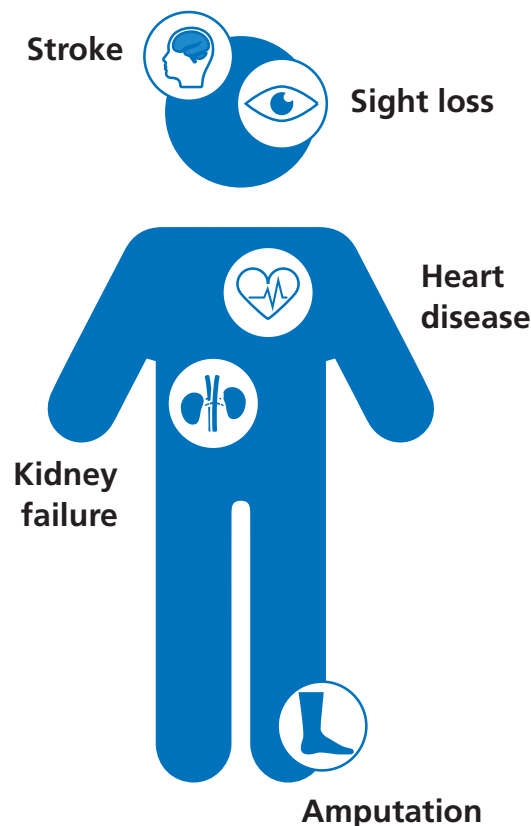
Modern life can make it hard to be healthy but, for many people, type 2 diabetes can be prevented by making small lifestyle changes.

Diabetes is a leading cause of vision loss in people of working age. It is also responsible for most cases of kidney failure and lower limb amputation (other than accidents), and people with diabetes are up to five times more likely to develop heart disease or have a stroke than those without diabetes.

However, type 2 diabetes can be prevented by:

- Managing your weight,
- Eating healthily and
- Being more active.

Effects of diabetes



The Healthier You NHS Diabetes Prevention Programme is a free programme for those who are at risk of developing type 2 diabetes.

You can get help to make positive changes to your diet, weight and physical activity to significantly reduce your risk of developing type 2 diabetes.

Find out if you're at risk of developing type 2 diabetes by doing any of the following:

- Answering a few simple questions on the 'Know Your Risk' tool at riskscore.diabetes.org.uk
- Taking up the offer of a free NHS Health Check to assess your risk of type 2 diabetes, cardiovascular disease and other conditions such as high blood pressure (available for those aged 40-74)
- Asking your GP Practice to check if you are at risk.

If you are at risk, you may be eligible for referral to the Healthier You NHS Diabetes Prevention Programme by your GP Practice.

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

