

What is type 2 diabetes?

- **Every two minutes** someone finds out that they have type 2 diabetes. If current trends persist, 1 in 10 people will develop type 2 diabetes by 2035.
- Type 2 diabetes occurs when **the body either doesn't produce enough insulin or the insulin it does produce doesn't work properly** (insulin resistance). It can be a combination of both.
- Diabetes can cause **serious long-term health problems**. It's a leading cause of vision loss in people of working age. It's also responsible for most cases of kidney failure and lower limb amputation (other than accidents). People with diabetes are at least twice as likely to develop heart disease or have a stroke than those without diabetes.
- Furthermore, **the risk of COVID-19 related in-hospital death is doubled by type 2 diabetes**. Diabetes is found in nearly one third of people who die with COVID-19.

What are the risk factors for type 2 diabetes?

- **Your age.** The older you are, the greater your risk is likely to be. However, those from the ethnic groups outlined below tend to be at risk at a younger age.
- **Your family history.** You're two to six times more likely to get type 2 diabetes if you have a parent, brother, sister or child with type 2 diabetes.
- **Your ethnicity.** You're more likely to get type 2 diabetes if you're over 25 and from a Chinese, South Asian, Black Caribbean or Black African ethnic background.
- **Your weight.** You are more at risk of type 2 diabetes if you carry excess weight or have obesity.
- **Your blood pressure.** You're more at risk if you've ever had high blood pressure.

What support is available?

- Type 2 diabetes can be a very serious condition but there are lots of things you can do to reduce your risk of developing it such as achieving a healthy weight, getting more physically active and eating healthy food.
- **Your free local Healthier You NHS Diabetes Prevention Programme, or Healthier You programme for short, can support you in taking action in all these areas.**
- Making changes now can lower your risk of developing type 2 diabetes.

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

What is the Healthier You programme?

- Your free local Healthier You programme provides valuable support to help you put your health back in your hands and **reduce your risk of developing type 2 diabetes**.
- It **offers a range of personalised support** to help you do just that. From helping you eat well, to tips on achieving a healthy weight and physical activity – the service is here to support you on your journey back to a Healthier You.
- To help you keep focused and motivated on your goals, you'll have **access to trained health coaches**, and you'll be able to **meet other people in your area** who are also trying to reduce their risk of type 2 diabetes.
- We know it can be tough to make lifestyle changes but with the right help **it is possible to make the simple changes that can significantly reduce your risk**. Do it for yourself and also do it for the people who care about you.

Who can join the Healthier You programme?

- **If you're at risk** of developing type 2 diabetes you may be eligible to join your free local Healthier You programme.
- The first thing you need to do is to find out if you are at risk of developing the condition. You can do this by using the **Diabetes UK risk tool** – it only takes a few minutes and could be the most important thing you do today.
- You'll be asked a **series of questions** to identify if you are at a low, moderate or high risk of developing type 2 diabetes. Make sure to have a tape measure handy as you'll need to measure your waist.
- If you're at moderate or high risk, **you'll be invited to sign up** to your free local Healthier You service.
- Visit riskscore.diabetes.org.uk or **search 'Know Your Risk'** to complete the Diabetes UK risk tool.