

# 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](http://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](http://www.preventing-diabetes.co.uk)

## 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](http://www.preventing-diabetes.co.uk) to complete the know your risk tool and self refer

Scan me to find out your risk



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