



High risk groups include people who carry excess weight, people from South Asian, Black Caribbean or Black African descent aged over 25 and men aged over 40. 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.

Make small changes to your lifestyle now and start your journey to a Healthier You with the Healthier You NHS Diabetes Prevention Programme.

Did you Know?

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

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

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

Follow the NHS Diabetes
Prevention Programme on Twitter
[@NHSDiabetesProg](https://twitter.com/NHSDiabetesProg) [#PreventingType2](https://twitter.com/PreventingType2)

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

ARE YOU AT RISK OF TYPE 2 DIABETES?

Start the journey to a

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

#PREVENTINGTYPE2

More than 200,000 people are diagnosed with Type 2 diabetes every year – and that means the 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.

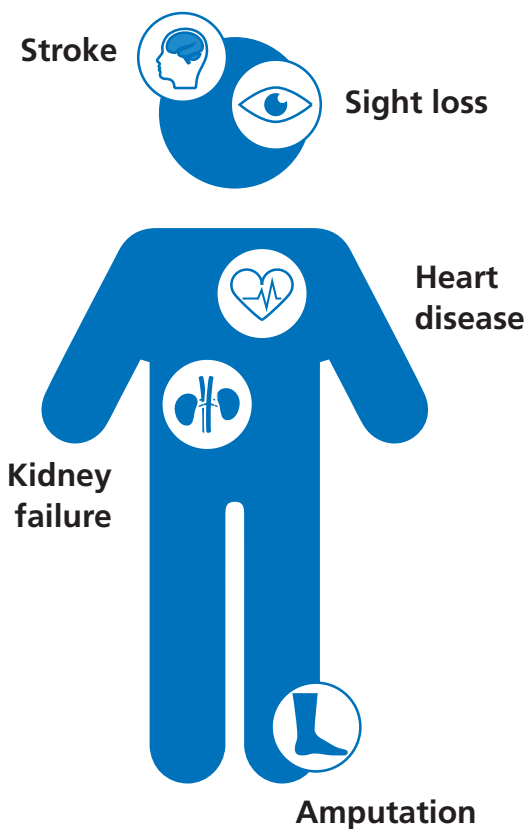
Diabetes is a leading cause of sight loss in people of working age. It is also responsible for most cases of kidney failure and lower limb amputation (other than accidents), and people with diabetes are up to five times more likely to develop heart disease or have a stroke than those without diabetes.

However, Type 2 diabetes can be prevented by:

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



Effects of diabetes



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.

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.

You can find out if you're at risk of developing the disease by using the Diabetes UK risk tool.

You'll be asked a few simple questions to identify if you are at a low, moderate or high risk. The tool will only take a few minutes and could be the most important thing you do today. Make sure to have a tape measure handy as you'll need to measure your waist.

If you're identified as moderate or high risk, you'll be invited to sign up to your free local Healthier You service.

To access the tool, search '**Know Your Risk**'.
riskscore.diabetes.org.uk

