

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

NHS Diabetes Prevention Programme

Do you know your risk of Type 2 Diabetes?

Every **two minutes** someone finds out that they have Type 2 diabetes; a potentially serious health condition that can cause long-term health problems. It can lead to sight loss, kidney failure, loss of a limb, and makes you at least twice as likely to have a heart attack or stroke.

The good news is that 90% of cases are **preventable!**

Sadly, many people will experience these potentially preventable complications because they didn't know they were at risk sooner and / or knew enough about their condition and how to manage it or prevent it.

The **good news** is - if you're at risk of Type 2 diabetes there are lots of small changes you can make to prevent diabetes from developing in the first place. It's so important to find out if you are at high risk of Type 2 diabetes so you can get support to lower your risk. You may even be eligible for your free local Healthier You: **NHS Diabetes Prevention Programme**. Our risk tool can help you find out if you're at risk of developing the condition. It takes just a few minutes and could be the most important thing you do today.....

Complete the "Know Your Risk Tool" in the link below to find out your risk and take the first steps in improving your health:

https://preventing-diabetes.co.uk/know-your-risk-dtc/?utm_source=eo&utm_medium=jo&utm_campaign=dtc

The NHS Diabetes Prevention Programme is a free service. Find out more at: <https://preventing-diabetes.co.uk/>



Things you can do in 3 minutes:

1. Make a cup of tea
2. Find out your risk of developing type 2 diabetes

TYPE 2 DIABETES
KNOW YOUR RISK