**Type 2 Diabetes Prevention Week 1-7 April 2019**

* Around **200,000** people are diagnosed with Type 2 diabetes every year.
* **1 in 10 over 40’s** now has Type 2 diabetes.
* Number of people living with all types of diabetes has reached **4.7 million** in the UK.

**Effects of Diabetes**

* Up to 5 times more likely to develop heart disease or have a stroke than those without diabetes
* Diabetes is a leading cause of vision loss & blindness in people of working age
* Responsible for most cases of kidney failure
* Responsible for most cases of kidney failure & lower limb amputation (other than accidents)

**High Risk Groups**

* If you are overweight, especially if you are large around the middle.
* Risk increases with age – if your white and over 40 years or over 25 years if you are African-Caribbean, Black African or South Asian
* You are 2 to 6 times more likely to get Type 2 diabetes if you have a parent, brother, sister or child with diabetes.
* Type 2 diabetes is 2 to 4 times more likely in people of South Asian, African-Caribbean or Black African descent.
* High blood pressure

**Know your Risk** – visit [**www.diabetes.org.uk/knowyourrisk**](http://www.diabetes.org.uk/knowyourrisk)

**Signs of Type 2 Diabetes**

* Increased thirst
* Losing weight without trying
* Dry Mouth
* Cuts and grazes heal slowly
* Blurred Vision
* Go to the toilet a lot
* Feeling more tired than usual
* Increased hunger

**Reduce Risk of Type 2 Diabetes**

* Manage your weight

Around **80%** of people with Type 2 Diabetes are overweight or obese. Weight is a sensitive issue for many people & getting to an ideal, healthy weight is easier said than done. Benefits to losing weight:-

* You’ll have more energy, feel better in yourself.
* If you have Type 2 diabetes, losing weight could mean going into diabetes remission.
* Reduce risk of serious complications like heart disease & stroke.
* Eating Healthily
  + Following a healthy, balanced diet can help to control blood glucose, blood fats & blood pressure & help to maintain a healthy weight.
  + A healthy, balanced diet = eating more fruit & vegetables, wholegrains, pulses, unsalted nuts & fish (especially oily fish). Eating less red & processed meat, sugar sweetened beverages & refined carbs such as white bread & white rice.
  + Reducing portions can help manage glucose levels
* Being more active
  + Being more physically active goes hand in hand with eating healthier.
  + Aim for at least 150 minutes of moderate intensity activity a week.
  + This is any activity that raises your heart rate, makes you breathe faster and feel warmer but still able to talk & only slightly out of breathe.
  + Don’t have to do all 150 minutes in one go. Can break down into bite-size chunks throughout the week.

**For Further Information**

* www.diabetes.co.uk
* www.diabetes.org.uk
* www.nhs.uk/conditions/diabetes