

Your ethnicity could put you at risk of Type 2 diabetes

Type 2 diabetes is two to four times more likely in people of South Asian descent and African-Caribbean or Black African descent. You can reduce your risk by eating healthily, being more active and managing your weight - and your local free Healthier You service can help.

Check your risk at diabetes.org.uk/risk and ask your GP Practice about your local Healthier You service

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME





**Around 200,000 people
are diagnosed with Type
2 diabetes every year**

Start your journey to a Healthier You with the NHS Diabetes Prevention Programme. A free, personalised programme to help you with your weight, healthy eating and exercise - reducing your risk of developing Type 2 diabetes.

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Know your risk of developing Type 2 diabetes

High risk groups include people who are overweight, people from South Asian, African-Caribbean or Black African descent 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.

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You can get help to significantly reduce your risk of developing Type 2 diabetes

Making small changes to your lifestyle now can make a big impact on your future health - and having experts who can help you make the right choices along the way can make it even easier.

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Health Solutions