

WHAT IS TYPE 2 DIABETES AND HOW CAN I LOWER MY RISK?

Around 200,000 people are diagnosed with type 2 diabetes in England every year – putting them at risk of potentially serious health complications, including kidney failure, heart disease, stroke and vision loss or early death.

Modern life can make it hard to be healthy but for many people, type 2 diabetes can be prevented by making small changes to habits and behaviour.

Type 2 diabetes can be prevented by:



Managing your weight



Eating healthily



Being more active

AM I AT RISK?

As we get older, our risk of type 2 diabetes increases - so when possible, it's best for everyone to follow a healthy lifestyle early on.

Type 2 diabetes is more common in people over 40. But if you're from a Black African, African Caribbean or South Asian (Indian, Pakistani, Bangladeshi) background, your risk of type 2 diabetes increases once you're over 25.

For some people, some healthy behaviour changes can reduce their risk of type 2 diabetes by about 50%.

For tips to help you follow a healthy lifestyle and lower your risk of type 2 diabetes, visit:
yourhealthbarnet.org/diabetes-prevention