

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



A record number of people in the UK are living with Type 2 diabetes. This figure has more than doubled since 1996. Sadly, many people will experience potentially preventable complications because of diabetes, simply because they don't know enough about their condition and how to manage it.

Every 2 minutes someone is diagnosed with Type 2 Diabetes

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. The first thing to do is find out if you are at risk.

TYPE 2 DIABETES

KNOW YOUR RISK

<https://preventing-diabetes.co.uk/know-your-risk-dtc/#top>

If you're concerned about developing Type 2 diabetes you have **until 31 March** to assess your risk and join a free online programme to help you reduce your chances of developing the condition.

Don't miss out on the opportunity to take the first step towards a healthier future.

