

# TYPE 2 DIABETES

## KNOW YOUR RISK

Check your risk with the free online Diabetes UK Risk Tool. Use the website below:

[riskscore.diabetes.org.uk/start](https://riskscore.diabetes.org.uk/start)



Better Health can support you to lose weight, eat well, get active, stop smoking with 1-1 and group support available over a duration of 12 weeks, take their Health MOT to check if you are eligible and register for support.

Find them at:

[www.betterhealthns.co.uk/](https://www.betterhealthns.co.uk/)



Open to anyone in Bristol aged 18+ who wants to improve their mental wellbeing. Their free wellbeing workshops and courses take place in community venues and online.

Find them at:

[www.second-step.co.uk](https://www.second-step.co.uk)



### Living Well Taking Control

Living Well Taking Control are your local Type 2 diabetes prevention service provider. We offer a free NHS funded 9-month programme, to support you in making healthy lifestyle changes. Taking action now can help to reduce your risk.

Join the programme now at:

[www.lwtcsupport.co.uk/join-the-programme](https://www.lwtcsupport.co.uk/join-the-programme)

Or call us on: **0300 302 0652**



Living Well Taking Control is here to support you to make healthy lifestyle changes.

For further information, advice and support please see the available services below:



# Understanding Pre- Diabetes

**More than half of all cases of Type 2 diabetes could be prevented or delayed.**

This leaflet is to help you understand more about pre-diabetes, and what you can do to improve your health and reduce your risk of developing Type 2 diabetes.



## Preventing Type 2 diabetes

13.6 million people are now at increased risk of type 2 diabetes in the UK. Research has consistently shown that combined lifestyle interventions can be effective in reducing the risk of type 2 diabetes by about 50%.

Many people will experience potentially serious and preventable complications due to diabetes, because they don't know enough about their condition and how to manage it.

If you have pre-diabetes, or are at risk of Type 2 diabetes there are lots of small changes you can make to prevent diabetes from developing.

### What is pre-diabetes?

Pre-diabetes is when the body either doesn't make enough insulin and / or the insulin it does make doesn't work properly (insulin resistance).

Insulin is a hormone that helps to keep the amount of glucose in your blood at a healthy level. Glucose is a type of sugar found in your blood.

Pre-diabetes is when your blood glucose is slightly higher than the healthy range, but not quite high enough for you to be diagnosed as diabetic. Left untreated you may develop Type 2 diabetes, which can cause serious long-term health problems.

## Am I at risk of developing Type 2 diabetes?

There are several things that can increase your chances of developing Type 2 diabetes. These include:

- Lifestyle factors: Eating too much or too little of some foods, sitting too much, stress, smoking and increased alcohol consumption, can increase your likelihood of becoming diabetic.
- Your age: The older you are the more at risk you are of developing Type 2 diabetes.
- Your family history: You're two to six times more likely to develop diabetes if you have a parent, sibling or child with diabetes.
- Your ethnicity: If you're over 25, from a Chinese, South Asian, Black Caribbean or Black African ethnic background, you may be more at risk of developing Type 2 diabetes.
- Your weight: You may be more at risk of diabetes if you carry excess weight or are obese.
- Your blood pressure: High blood pressure may put you at greater risk of developing Type 2 diabetes.

### What can I do?

Small lifestyle changes can help you to manage pre-diabetes and prevent Type 2 diabetes. This includes getting support to lose weight (where appropriate), making some changes to your diet and being more physically active.

## Our 5 Key Healthy Lifestyle Messages:

### 1. Healthy Diet

- ✓ Eat plenty of fruit and vegetables Think high fibre
- ✓ Reduce sugar, salt and saturated fat
- ✓ Choose wholegrain starchy foods

### 2. Regular Physical Activity

- ✓ Aim for at least 150 minutes of moderate aerobic activity per week
- ✓ Keep exercise varied
- ✓ Reduce sedentary lifestyle

### 3. Maintain a Healthy Weight

- ✓ Too much or too little weight can impact our health

### 4. Positive Mental Wellbeing

- ✓ Try to reduce stress
- ✓ Get the support and tools you need to be healthy and happy

### 5. Make Healthy Lifestyle Choices

- ✓ Get help to stop smoking
- ✓ Reduce alcohol
- ✓ Get enough sleep