

Are you at risk of Type 2 diabetes?

If you're over the age of 40, you're more at risk of developing this potentially serious condition, which can lead to long-term health problems if left untreated. It's a major cause of sight loss, kidney failure and amputation if left untreated. People with diabetes are also at least twice as likely to develop heart disease or have a stroke than those without diabetes.

That's why it's really important that you find out if you are at risk. Because those who are, can get free support to help them significantly lower the chances of developing it.

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Know your risk level

You can find out if you're at risk of developing Type 2 diabetes and sign up to receive support at www.healthieryou.org.uk. It takes just a few minutes and could be the most important thing you do today.

You'll be asked a few simple questions and if you're identified as high risk you will be invited to sign up to your local Healthier You NHS Diabetes Prevention Programme. Support will be given to make positive changes to your diet, weight and the amount of physical activity that you do.

We know it can be tough to make changes but with our support you can take control of your health, make real changes and significantly reduce the risk of developing Type 2 diabetes.

Visit our website at www.healthieryou.org.uk or call **0333 047 9999**.