

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Are you at high risk of developing Type 2 diabetes?

- Healthier You is a new, free, Type 2 diabetes prevention programme available in Derby and Derbyshire.
- It offers you the chance to make lifestyle changes that can help reduce your risk of getting Type 2 diabetes.

Find out more at **www.preventing-diabetes.co.uk**

You could be at higher risk of Type 2 diabetes if:

- You are overweight or have a high Body Mass Index (BMI)
- You are aged over 40
- You are from an African-Caribbean, Black African, Chinese or South Asian background and aged over 25
- You have a parent, brother or sister with diabetes
- You have ever had high blood pressure, a heart attack or a stroke
- You have a history of polycystic ovaries or gestational diabetes
- You have a mental health condition such as schizophrenia, bipolar illness or depression.

If you are concerned that you are at risk of Type 2 diabetes then contact your GP's surgery for a blood test.

If you're found to be at high risk you might be eligible for a new, free diabetes prevention programme.

The Healthier You - Derby and Derbyshire Diabetes Prevention Programme offers people at high risk of developing Type 2 diabetes the chance to make preventative lifestyle changes.

Get in touch with your GP or practice nurse now.



Public Health
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DiABETES UK

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