

How to Reduce Your Risk of Type 2 Diabetes

Type 2 diabetes is increasing in prevalence. Already 2 million people in the UK have type 2 diabetes. Anyone can develop type 2 diabetes at any age, but some people are more likely to develop diabetes than others. People who are at higher risk of developing type 2 diabetes are those who:

- have a member of the family with type 2 diabetes
- have had Gestational Diabetes in Pregnancy, or had a baby weighing more than 4 Kilos (9lb)
- are overweight
- are from some ethnic groups, such as Turkish, South Asian, Afro-Caribbean

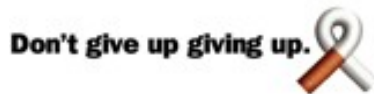
Your lifestyle can also affect the risk of type 2 diabetes. The following advice can be used by everyone and will help reduce your risk of type 2 Diabetes

Regular Exercise

The recommended amount of exercise for everyone is at least 30 minutes of exercise 5 times per week. There are many different types of exercise, such as walking, swimming, cycling, dancing, team sports, running, tennis, aerobics, training at a gym, gardening etc. all exercise is good for you, but for it to be effective, you must feel a little out of breath (but still able to speak). The Everyday Sport hotline can help: **0800 587 6000**



Stop Smoking



Although smoking does not increase your risk of developing type 2 diabetes, it does increase your risk of many other diseases. People with diabetes are at a very high risk of having a heart attack, and if you smoke this risk is even higher.

Stopping smoking is not easy, but there are many aides to assist you in stopping. All the NHS stop smoking services are free and details are available from the NHS stop smoking helpline on **0800 1690169**, your GP, practice Nurse or local pharmacy

Eating Healthily

Eating a healthy diet can help keep your weight stable and help you lose weight if you need to. One of the simplest ways to improve your diet is to include 5 portions of fruit and/or vegetables daily. Fruit and vegetables are a great source of essential vitamins and minerals and are also a tasty alternative to biscuits, crisps, chocolates and other high fat snacks. Reducing your salt intake also has many health benefits, such as reducing blood pressure and your risk of heart disease.



Just Eat More
(fruit & veg)

Lose weight



Losing weight can significantly reduce your risk of developing type 2 diabetes if you are overweight. Cutting out the saturated (hard) fats from your diet, reducing sugary drinks, avoid cakes and pastries and increasing your exercise will help. Also, aim to lose weight slowly, about 0.5 – 1 Kg per week. Your GP or Practice Nurse will be able to give you detailed advice, or refer you for professional help if required.