

Thousands of people like you have attended a Healthier You programme and successfully reduced their risk of Type 2 diabetes.

WHY HAVE I BEEN INVITED TO JOIN?

Your doctor or nurse has asked that you attend because you're at increased risk of developing Type 2 diabetes. Living Well Taking Control (LWTC) can support you to help manage your health. You may also benefit if you have another long-term condition.

Talk of Type 2 diabetes can be alarming but evidence shows that by taking action, the onset of diabetes can be delayed or prevented. Your lifestyle and the choices you make are the key things that can affect your health.

The aim of the Healthier You programme is to help you improve your knowledge, ability and confidence whilst offering you the support you need to make good lifestyle choices. The programme provides you with support meetings and information for a year.

WHAT WILL I LEARN?

- Information on diet;
- Information of physical activity;
- Managing stress and your emotional wellbeing; and
- Why you should monitor your weight.

WILL IT COST ME ANYTHING?

It's **FREE** to attend but you will need to arrange your own travel. Let us know if you'd like to bring someone along with you.

WILL MY NEEDS BE CATERED FOR?

Yes, we can help you if you have a disability or language barrier - just let us know what you need.

WHAT HAPPENS ON THE PROGRAMME?

You'll be invited to join a small group led by a trained friendly facilitator at a local venue for 13 meetings over one year. The first meeting will last an hour and the remaining meetings will be for 90 minutes over seven weeks

Don't worry - it won't be like being at school; the sessions are relaxed and informal. You'll be given information and support to help you make changes to your lifestyle to reduce the risk of developing diabetes. Once the meetings have finished, you will receive support for five hour-long sessions spread out during the rest of the year. We will monitor your progress and you'll be given information on a range of local activities.

WHAT'S IN IT FOR ME?

At the beginning of the programme, you will learn how to make positive changes whilst meeting people in a similar situation to you.

You'll be given lots of support to help you stay on track. There will also be information on a range of activities in your community. The programme can help:

- Improve your quality of life by having information to help you manage your lifestyle;
- Improve health behaviours; and
- Prevent progression or delay of diabetes.

NEXT STEPS

If you'd like to take part, all you need to do is to agree to the referral to join the programme.

TYPE 2 DIABETES

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

Type 2 diabetes occurs when the pancreas doesn't produce enough insulin to maintain a normal blood glucose level, or the body is unable to use the insulin that is produced – known as insulin resistance.

The pancreas (a large gland behind the stomach) produces the hormone insulin, which moves glucose from your blood into your cells, where it's converted into energy. In type 2 diabetes, there are several reasons why the pancreas doesn't produce enough insulin. This means that glucose stays in the blood and isn't used as fuel for energy. It's far more common than type 1 diabetes (when the pancreas does not produce any insulin). Untreated diabetes can damage your organs, so it's important that it's diagnosed as early as possible.

Diabetes can have serious health consequences, including heart disease and blindness. But with careful management you can reduce your risk. For more information, visit www.nhs.uk/conditions/Diabetes-type2

A GROWING PROBLEM

Type 2 diabetes is often associated with obesity and tends to be diagnosed in older people. It's estimated that more than one in 16 people in the UK has diabetes (diagnosed or undiagnosed), and this figure is rising rapidly.

There are currently 3.9 million people living with diabetes in the UK, with 90 per cent of those affected having type 2 diabetes.

Diabetes can cause serious long-term health problems. It's the most common cause of vision loss and blindness in people of working age. Diabetes is also responsible for most cases of kidney failure and lower limb amputation (other than accidents).

People with diabetes are up to five times more likely to have cardiovascular disease (such as a stroke) than those without diabetes.

WHAT YOU CAN DO

If you're at risk, you may be able to prevent diabetes by making lifestyle changes. You should



Eat a healthy, balanced diet;



Lose weight (if you're overweight) or maintain a healthy weight;



Stop smoking (if you smoke);



Drink alcohol in moderation; and



Take plenty of regular exercise.

RISK FACTORS

Five of the main risk factors for developing type 2 diabetes are:

1. Age: Being over the age of 40 (over 25 for south Asian people);
2. Genetics: Having a close relative with the condition (parent, brother or sister);
3. Weight: Being overweight or obese; or
4. Ethnicity: Being of south Asian, Chinese, African-Caribbean or black African origin (even if you were born in the UK).
5. Gestational diabetes: Women who have had gestational diabetes during pregnancy also have a greater risk of developing diabetes in later life.

OTHER RISKS

Your risk of developing type 2 diabetes is increased if your blood glucose level is higher than normal, but not yet high enough to be diagnosed with diabetes. This is sometimes called "pre-diabetes", doctors sometimes call it impaired fasting glycaemia (IFG), impaired glucose tolerance (IGT) or non-diabetic hyperglycaemia (NDH).

Pre-diabetes can progress to type 2 diabetes if you don't take preventative steps, such as making lifestyle changes. These include eating healthily, losing weight (if you're overweight) and taking plenty of regular exercise.