pre-diabetes and diabetes prevention
Diabetes accounts for 1/10\textsuperscript{th} of total NHS spend

1 in 11 UK adults is diabetic

Millions more are pre-diabetic, and without preventive interventions, 6\% a year progress to diabetes

With preventive interventions, progression to diabetes can be reduced by 88\%
What is diabetes?

- There are two types of diabetes; type 1 and type 2.
- Diabetes UK, the UK’s leading diabetes charity, defines diabetes as a condition where the amount of glucose in the blood is too high because the pancreas either does not produce any insulin, or does not produce enough (known as insulin resistance).
- Type 1 diabetes cause - immune system destroys insulin producing cells
- Type 2 diabetes causes – lifestyle and genes
What is Pre-diabetes?

- Pre-Diabetes is a pre-diagnosis of type 2 diabetes where individuals have higher than normal blood glucose levels, but not high enough to be considered as type 2 diabetes.

- It is possible to reduce the levels of glucose in the blood.
- It is possible through lifestyle changes to no longer be pre-diabetic and no longer be type 2 diabetic.
Why is glucose in the blood a problem?

Diabetes can cause a number of health problems including:

- Retinopathy leading to blindness
- Heart disease
- Kidney disease
- Nerve damage
- Feet ulcers and infections can lead to amputations
DO YOU KNOW THE RISK FACTORS OF TYPE 2 DIABETES?

AGE:

40

Your risk increases with age. You’re more at risk if you’re white and over 40 or over 25 if you’re African-Caribbean, Black African, Chinese or South Asian.

FAMILY HISTORY:

You’re two to six times more likely to get Type 2 diabetes if you have a parent, brother, sister or child with diabetes.

ETHNICITY:

6X

You’re six times more likely to get Type 2 diabetes if you’re Chinese or South Asian.

3X

You’re three times more likely to get Type 2 diabetes if you’re African-Caribbean or Black African.

OVERWEIGHT

You’re more at risk of Type 2 diabetes if you’re overweight, especially if you’re large around the middle.

HIGH BLOOD PRESSURE:

You’re more at risk if you’ve ever had high blood pressure.

YOU’RE ALSO MORE AT RISK IF:

- you’ve ever had a heart attack or a stroke
- you have schizophrenia, bipolar illness or depression, or if you are receiving treatment with antipsychotic medication
- you’re a woman who’s had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds.

HAVE YOU GOT ANY SIGNS OF TYPE 2 DIABETES?

It’s important to know the risk factors and find out your risk but remember to look out for these signs:

- Need to wee a lot?
- Thirsty?
- Lost weight without trying?
- Feel tired?
- Blurred eyesight?
- Itchy genitals and thrush?
- Cuts don’t heal?

If you notice any of these, ask your doctor to test you for Type 2 diabetes. You and your doctor can then plan your next steps.

Share your story and find support with #knowyourrisk
Pre-diabetes and diabetes management

Key actions for people with diabetes and pre-diabetes

- Eat a healthy, balanced diet
- Be as physically active as possible
- Avoid putting on extra weight and try and lose weight
- Set goals
- Attend healthcare appointments
TYPE 2 DIABETES
KNOW YOUR RISK

Finding out your risk of Type 2 diabetes only takes a few minutes. It could be the most important thing you do today.

Before you start, grab a tape measure and scales.

Find out your risk

You must be 18 or over to complete this tool.
Please note: the results will not be accurate if you are pregnant.

Developed by Diabetes UK, the University of Leicester and the University Hospital of Leicester NHS Trust.

The Know Your Risk tool is not a diagnostic tool. It is designed for people without a current diagnosis of diabetes and is intended to highlight a person’s risk of developing Type 2 diabetes in the next 10 years. The results are not medical advice. If you are at risk of developing Type 2 diabetes, we advise visiting a healthcare professional for further information.
## Diabetes and Pre-Diabetes - Key resources

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<td><a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a></td>
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<td>Resources include information, guidance, recipes, health tips, fact sheets</td>
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<td>Physically active – 150 minutes physical activity per week</td>
<td><a href="http://www.healthyshropshire.co.uk/topics/physical-activity/exercise-on-referral/">Exercise on referral</a></td>
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<td>Maintain healthy weight</td>
<td><a href="http://www.healthyshropshire.co.uk/topics/weight-management/services/local-services/">Help 2 Slim</a></td>
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<td>Stop smoking</td>
<td><a href="http://www.healthyshropshire.co.uk/topics/stop-smoking/">Help 2 Quit</a></td>
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<td>Limit drinking – brief interventions</td>
<td><a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a></td>
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<td>For problematic use – GP and Shropshire Recovery Partnership</td>
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<td>01743 294700</td>
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