

Do you know

if you are

at risk

of getting

Type 2 diabetes?

Be in the know.

Do you know what increases your risk of getting Type 2 diabetes?

Knowing what increases the risk of developing Type 2 diabetes is important and could be key to helping you stay healthy.

Do you know:

- you could have Type 2 diabetes and not realise
- the signs of Type 2 diabetes aren't always obvious and sometimes there may be no signs at all
- there are steps you can take to lower your risk and support available to help you do this.

Are you at risk?

There are many factors that can put you at risk of developing Type 2 diabetes. You may be at more risk if you:

- are aged over 40
- or, are overweight or obese
- or if you are aged over 25 and of African Caribbean, Black African, or South Asian ethnic origin
- or, are of south Asian, Chinese, African-Caribbean or black African ethnic origin.
- or, have a close relative with diabetes, such as a parent, brother, sister or child

If you think you may be at risk of developing Type 2 diabetes, you can:

1 **Speak to your GP practice**

2 **Find out your risk score at www.diabetes.org.uk/risk**