



High risk groups include people with excess weight, people from South Asian, Black African and Black Caribbean backgrounds aged over 25, men aged over 40 and women who have previously had gestational diabetes. You may also be at risk if you have a family history of diabetes or have ever had high blood pressure.

Around 200,000 people are diagnosed with type 2 diabetes every year – you don't need to be one of them.

Research shows the Healthier You NHS Diabetes Prevention Programme has reduced new diagnoses of type 2 diabetes in England, saving thousands of people from the potentially serious consequences of the condition. It cuts the risk of developing type 2 diabetes by more than a third for people completing the programme.

#### Did you Know?

The average person diagnosed with diabetes in their 50s is likely to die **six years earlier** than someone without diabetes.

**NHS**

## HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Find out more about the Healthier You NHS Diabetes Prevention Programme at [www.england.nhs.uk/ndpp](http://www.england.nhs.uk/ndpp)

Follow the NHS Diabetes Programme on twitter  
[@NHSDiabetesProg](https://twitter.com/NHSDiabetesProg)  
[#PreventingType2](https://twitter.com/PreventingType2)

The Healthier You NHS Diabetes Prevention Programme is a joint initiative from NHS England and Diabetes UK.

**NHS**

# ARE YOU AT RISK OF TYPE 2 DIABETES?

Start the journey to a

## HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

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