

SELF HELP RESOURCES

There are lots of programmes and resources available online to support you to make lifestyle changes to reduce your risk. It's best to follow an evidence-based programme to ensure that you are making changes in a safe, sustainable and healthy way.

NHS Weight Loss Plan



12-week online self-directed programme to help make lifestyle changes and lose weight

My Diabetes My Way



Online Learning Course / App. Provides easy to understand information and resources on the prevention of type 2 diabetes.

British Heart Foundation



Resources to support lifestyle changes

Diabetes UK



Trusted information around the prevention of Type 2 Diabetes

Moving more


Tips and resources to help get you moving more





HEALTH IMPROVEMENT DEPARTMENT


NHS SHETLAND

GET IN TOUCH WITH US!

 info@healthyshetland.com

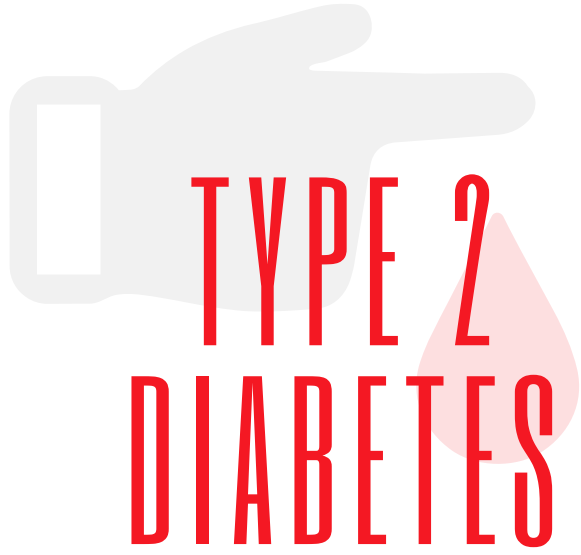
 01595 807494

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WHAT TO DO IF YOU ARE AT RISK



NHS SHETLAND

WHAT IS TYPE 2 DIABETES?

Type 2 Diabetes can be a serious lifelong health condition. When somebody has diabetes, their body either doesn't produce enough insulin or the insulin produced doesn't work very well. Insulin plays an important role in the body and moves glucose from our blood into our cells for energy.

When insulin stops working properly, glucose builds up in the blood. If this is not detected and treated properly, it can lead to serious health problems including stroke, heart attacks, kidney disease, blindness and amputation.

HOW DO I KNOW I AM AT RISK?



A blood test can show if you are at risk. This checks the level of sugar in your blood.

Doctors may use terms such as prediabetes, borderline diabetes or impaired glucose regulation if your blood sugars are higher than normal. All of these terms mean the same thing: that you are at high risk of developing Type 2 Diabetes in the future.

There are certain factors that can increase your risk. You can use the online "Know Your Risk" Tool to find out:

www.diabetes.org.uk?knowyourrisk

WHAT MAKES ME AT RISK?



What we can't change:

- Age
- Gender
- Ethnicity
- Family with diabetes
- Medical history

What we can change:

- Weight
- Waist size
- Blood pressure

WHAT ARE THE SIGNS OF TYPE 2 DIABETES?

Type 2 Diabetes usually develops later in life. The signs are not always obvious and it can be years before you realise you have it.

Some signs include:

- Going to the toilet more often, especially at night
- Feeling thirsty more often
- Feeling very tired
- Having blurred vision
- Getting infections like thrush more often
- Wounds taking longer to heal
- Losing weight without trying

HOW TO REDUCE MY RISK

Finding out your risk is a big first step. The next important thing to do is take action to lower your risk.

Evidence shows the best way to reduce your risk of Type 2 Diabetes is by:

- **Eating a healthy, balanced diet**
 - Increase fibre intake (fruit, veg, wholegrains)
 - Reduce saturated fat intake (ie. pies, sausages, butter)
 - Reduce refined sugars (ie. table sugar, sweets, cakes, soft drinks)
- **Moving more**
 - Aim to be physically active every day. Any activity is better than none, and more is better still.
- **Reducing your weight if you are overweight**
- **Stop smoking if you smoke**

LOCAL SUPPORT



The Health Improvement Team can provide support and advice to help reduce your risk. Get in touch with us using our contact details on this leaflet or speak to your local health centre to book an appointment.

If you have any worries about your risk, book an appointment with your GP.