

Bolder Healthier Champions

Diabetes

...in a page

What is Diabetes?

Diabetes is a lifelong condition causing high blood sugars.

Symptoms

- Excessive thirst
- Tiredness
- Needing to go to the toilet more often
- Blurred vision
- Slow healing

Why are we talking about it?

Diabetes is a growing problem in the UK. A major risk factor (obesity) is on the rise, and current trends show that 1 in 10 will have diabetes by 2034.

Most of type 2 diabetes is considered 'preventable' with lifestyle changes, so it's important that we make those small changes to improve all our lives.

What are the risk Factors?

- BMI >25
- Waist circumference (>37 in men, 31.5 in women)
- Other family members having diabetes
- Age– more common as we grow older
- Deprivation– higher in deprived communities
- Ethnicity– More common in South Asian and Black African and Black Caribbean populations

Know Your Risk!

Use the 'Know Your Risk' calculator from Diabetes UK to see what your risks are.

TYPE 2 DIABETES
KNOW YOUR RISK



Preventing Type 2 Diabetes; Reducing your risk

Healthy Weight

Achieving a BMI of less than 25 through healthy eating and exercise will significantly reduce your risk.

Healthy Eating

A balanced diet with less processed sugars, and lower salt intake will significantly improve general health

Physical Activity

Aim for at least 150 minutes of moderate activity a week (enough to get you out of breath)



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