

TYPE 2 DIABETES KNOW YOUR RISK

DiABETES UK
CARE. CONNECT. CAMPAIGN.

Hello

It was great to meet you at our Know Your Risk Roadshow. We thought we'd get in touch to remind you of your risk of Type 2 diabetes and the next steps to staying healthy.

You are at **risk**.

SO, WHAT NEXT?

IF YOU ARE AT **LOW** OR **INCREASED** RISK

Keep your risk low and stop your risk increasing by **maintaining a healthy weight, eating well and being active.**

Remember your risk increases as we get older.

IF YOU ARE AT **MODERATE** OR **HIGH** RISK

If you haven't already, it's important to visit your GP and ask for a diabetes test.

But the good news is, you can reduce your risk of developing Type 2 diabetes in the future.

3/5 CASES OF TYPE 2 DIABETES CAN BE STOPPED
OR DELAYED BY EATING WELL AND BEING ACTIVE

STEP 1 – What do you eat, drink and do?

Start a food and activity diary to see what you eat, drink and do each week. We've enclosed a diary to get you started. Write down everything you eat and drink, think about what time it was, where you were and how you felt.

FREE

RECIPE CARDS OR PEDOMETER

THE FIRST STEP TO A HEALTHIER YOU.

Fill in your details at the back page and use the **Free Post** envelope to mail this back to us.



“ But my weight and waist measurement is healthy, I don't need to do a food diary! ”

Try to eat a balanced diet and keep an eye on your BMI and waist measurement to help keep your risk as low as possible. Eating too many calories can lead to increased weight and an increased risk of Type 2 diabetes. We've enclosed a recipe that's quick and simple to make.

Don't forget that everyone's risk will increase as they get older.

STEP 2 – Change what you eat, drink and do

After a week of filling in your diary, try to identify an area you can make a change. Try our swap and save ideas to get you started:

SWAP & SAVE

Morning






SAVE 175 CALORIES

Swap two slices of toast, margarine and jam for two wheat biscuits and semi-skimmed milk.

Afternoon






SAVE 100 CALORIES

Swap a packet of crisps for a pear.

Evening






SAVE 183 CALORIES

Swap two grilled sausages for a roasted chicken breast.






SAVE 115 CALORIES

Swap two chocolate digestive biscuits for a small pot (100g) of low fat yogurt.

Please note: the GDA of calories for men is 2500Kcal and 2000Kcal for women. These figures are a general guide for weight maintenance. Individual needs differ depending on age, activity levels and nutritional goals. If you want to lose weight you will need less than this.

For more information on how to reduce your risk, go to www.diabetes.org.uk/knowyourrisk

Thanks,

Diabetes UK Know Your Risk Team

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STEP 3

YOUR DETAILS

PLEASE PICK ONE ONLY*

Send me more recipe cards

Send me a pedometer

NAME _____

TELEPHONE _____

ADDRESS _____

EMAIL _____

*If you select both options, you will only be sent recipe cards.

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