

Know diabetes: Know Your Risk

11.9m people in the UK are at increased risk of getting Type 2 diabetes.

Anyone can get it and the consequences can be serious. So it's important to find out if you're at risk because then you can do something about it.

Find your risk online at www.diabetes.org.uk/risk

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

- eating better
- moving more
- reducing your weight if you're overweight.

**know diabetes
fight diabetes**



Diabetes Week 11-17 June

