

Type 2 Diabetes Is Sometimes Linked To An Unhealthy Lifestyle

WEIGHT



- If you are overweight, reducing your weight by 5% can reduce the risk of developing Type 2 diabetes by 50%.

- OneLife Suffolk offer support through Slimming World or through our psychologically underpinned weight management programmes.

EXERCISE



- Doing more physical activity can reduce the risk of developing Type 2 diabetes by up to 40%.

- OneLife Suffolk offer health walks across the county and help to get you more active.

SMOKING



- It is now proven that smoking can increase the risk of developing Type 2 diabetes.

- OneLife Suffolk offer 12 weeks of one to one support and treatment for those wanting to quit.

For more info about OneLife Suffolk's services call 01473 718 193

Be Clear About Your Risk!

Check your risk of Type 2 diabetes at:

www.onelifesuffolk.co.uk/diabetes

**One
Life
Suffolk**

My Risk Is:

Date:

Low Risk

Keep up the good work!

Increased Risk

A lifestyle change may be beneficial. For tips on how to improve your lifestyle visit: www.onelifesuffolk.co.uk/diabetes

Moderate Risk

Losing weight, being more physically active and stopping smoking could reduce your risk score. Call OneLife Suffolk on 01473 718193 for free support.

High Risk

You may wish to contact a health professional for more information.



If you are aged 40 - 74 years old, you may be eligible for a full NHS Health Check with the OneLife Suffolk team, your GP or your local pharmacist.

To find out more about NHS Health Checks or other services offered by OneLife Suffolk, call the friendly team on **01473 718 193**.