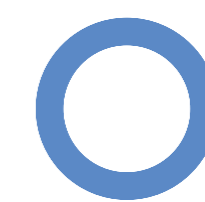


Type 2 Diabetes

Know your risk, know your response



world diabetes day
14 November

Type 2 diabetes accounts for more than 90% of all diabetes. It can develop silently, with symptoms that go unnoticed.

When diabetes is not detected and treated early, it can lead to serious complications.

There are several **risk factors** that increase the chance of developing type 2 diabetes. **Knowing what these are and what to do can delay or prevent the onset of the condition.**



Almost 1 in 2 people with diabetes do not know they have it.



Understand your risk



Family history: If you have a parent or sibling with diabetes, your risk increases.



Weight: Being overweight or obese increases your risk of developing type 2 diabetes.



Age: The risk of developing type 2 diabetes increases with age, particularly after 45.



Ethnicity: Certain ethnicities are more at risk, including Black Africans, African Caribbeans and South Asians.



Inactivity: Physical inactivity can contribute to weight gain and insulin resistance.



Gestational Diabetes: Women who have had diabetes during pregnancy are at increased risk.

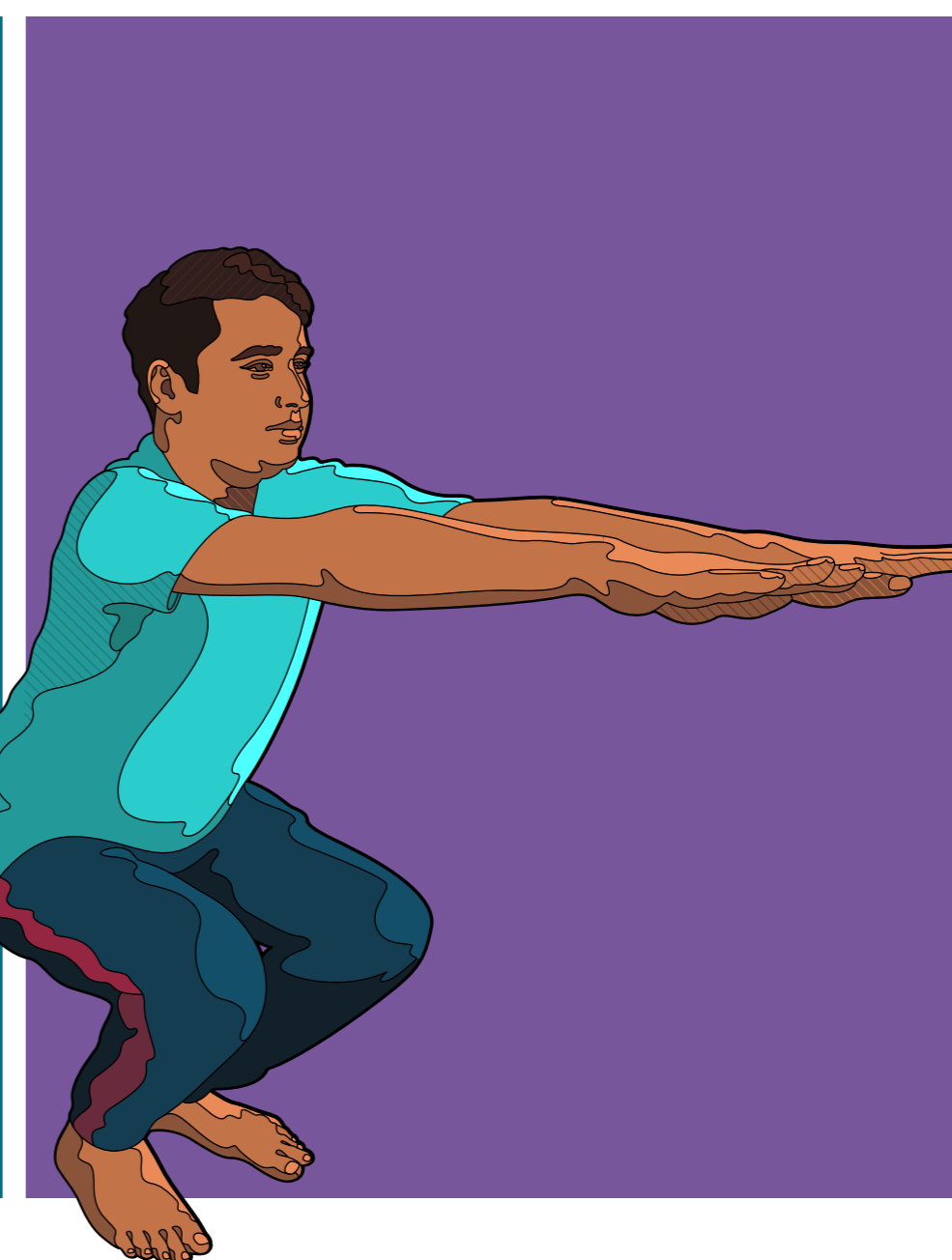
Know how to respond

In many cases, **healthy eating habits and regular physical activity** can help lower the risk of type 2 diabetes.

Diet: Choose whole grains, lean proteins, and plenty of fruits and vegetables. Limit sugars and saturated fats (e.g. cream, cheese, butter).

Physical activity: Spend less time sitting down and more time moving. Aim for at least 150 minutes of moderate-intensity activity per week (e.g. brisk walking, jogging, cycling).

Monitor: Look out for possible signs of diabetes such as excessive thirst, frequent urination, unexplained weight loss, slow healing wounds, blurred vision and lack of energy. If you have any of these symptoms or belong to a high-risk group, consult a healthcare professional.



Do you know your risk?

worlddiabetesday.org/prevention

#WorldDiabetesDay #KnowYourRisk



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