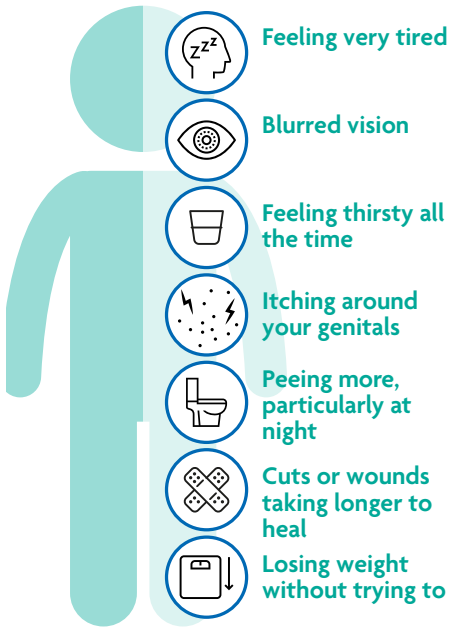


WHAT IS TYPE 2 DIABETES?

It's when your body can't process sugar very well so your blood sugar level becomes dangerously high.

Symptoms include:



Feeling very tired

Blurred vision

Feeling thirsty all the time

Itching around your genitals

Peeing more, particularly at night

Cuts or wounds taking longer to heal

Losing weight without trying to

If you have any of these symptoms, speak to your GP.

Who is at risk?

1 in 14 people have type 2 diabetes in Newham. You're more at risk if you:

- Are over 40 years old (25 for South Asian people)
- Have a close relative with diabetes
- Are an unhealthy weight
- Have South Asian, African-Caribbean or Black African heritage

Check your risk at

<https://riskscore.diabetes.org.uk/>

Did you know?



There are lots of small and easy things you can do to live well. Things like walking every day; eating more vegetables and fewer sugary foods and drinks.

We have lots of **FREE** support in Newham to help you. Exercise groups, cooking classes, walking groups and more.



Visit our website to find what's right for you and sign up today.

www.newham.gov.uk/diabetes

If you are struggling to pay for food, the Newham Food Alliance can help.

Visit www.newham.gov.uk/newhamfoodalliance

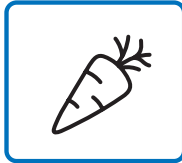
DIABETES SUPPORT IN NEWHAM

Diabetes can be a serious condition if not managed, but really small changes can make a big difference to help you live a healthy life.

Top tips you can try now:



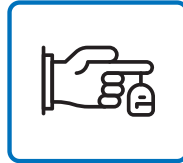
Going for a walk



Eating more
vegetables



Eating more
wholegrain foods



Get your blood
sugar levels tested

We have lots of FREE support to help you reduce your risk and live well with diabetes:



Healthy
food parcels



Cooking classes



Exercise groups



Walking groups



Sports clubs



Street Tag



Get tested



Weight management



Visit our website to find what's right for you and sign up today.

www.newham.gov.uk/diabetes