

Strategic Partnership Boards

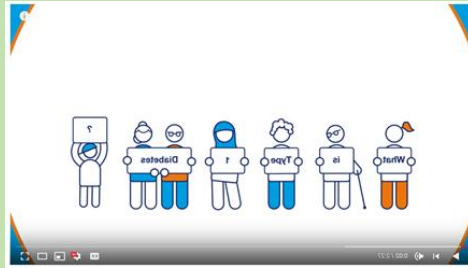
SAFETY SAFEGUARDING WELLBEING

Spotlight on ... Diabetes

Did you know that diabetes is part of the Healthy Weight priority for the [Health and Wellbeing Board](#)? Diabetes is a long-term condition that occurs when a person has too much glucose in their blood and their body lacks the ability to break down the glucose to convert it to energy. Below is some information and resources to support your work with residents.

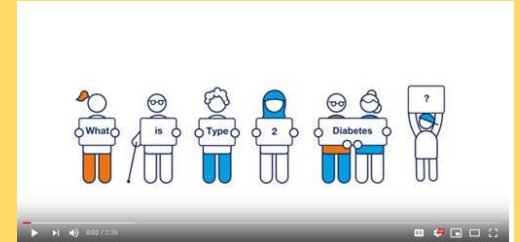
What is Type 1 Diabetes?

Once known as 'juvenile' or 'insulin dependent' diabetes, Type 1 Diabetes is a chronic condition in which the pancreas produces little or no insulin. **Click on the video for more info.**



What is Type 2 Diabetes?

90% of people with diabetes have type 2 diabetes, that is linked to being overweight. Eat healthily, limit alcohol, be active and quit smoking to reduce the risks. **Click on the video for more info.**



Around 25% of the population of the UK are believed to be at high risk. Unchecked, around 10% of these will go on to develop full diabetes.

Who is at more risk of Type 2 diabetes?

Anyone can develop Type 2 diabetes, although certain groups are at heightened risk, for example if you:

- Are over 40 years old (and over 25 if you are black or south Asian)
- Have a close relative who has type 2 diabetes
- Are overweight or obese
- Have ever had high blood pressure

What can I do to lower my risk?

Early identification of people at high risk can help and support them to make the lifestyle changes needed to reduce the risk. Failing to control diabetes can lead to heart disease, stroke, sight loss, kidney failure and can lead to the need to amputate lower limbs.

Getting Support...



The [NHS health check](#)

programme is designed to spot the early signs of stroke, kidney disease, heart disease, type 2 diabetes and dementia. Every 5 years, adults aged 40 – 74, without a pre-existing condition are invited by their GP for a health check.



[Diabetes UK](#): the leading diabetes charity
The local Waltham Forest Group can be contacted c/o Gillian Hanson Centre, Whipps Cross Hospital, London E11 1NR & walthamforestdiabetesuk@gmail.com

There are likely to be over 4 million people living with diabetes in the UK, including people who have not been diagnosed