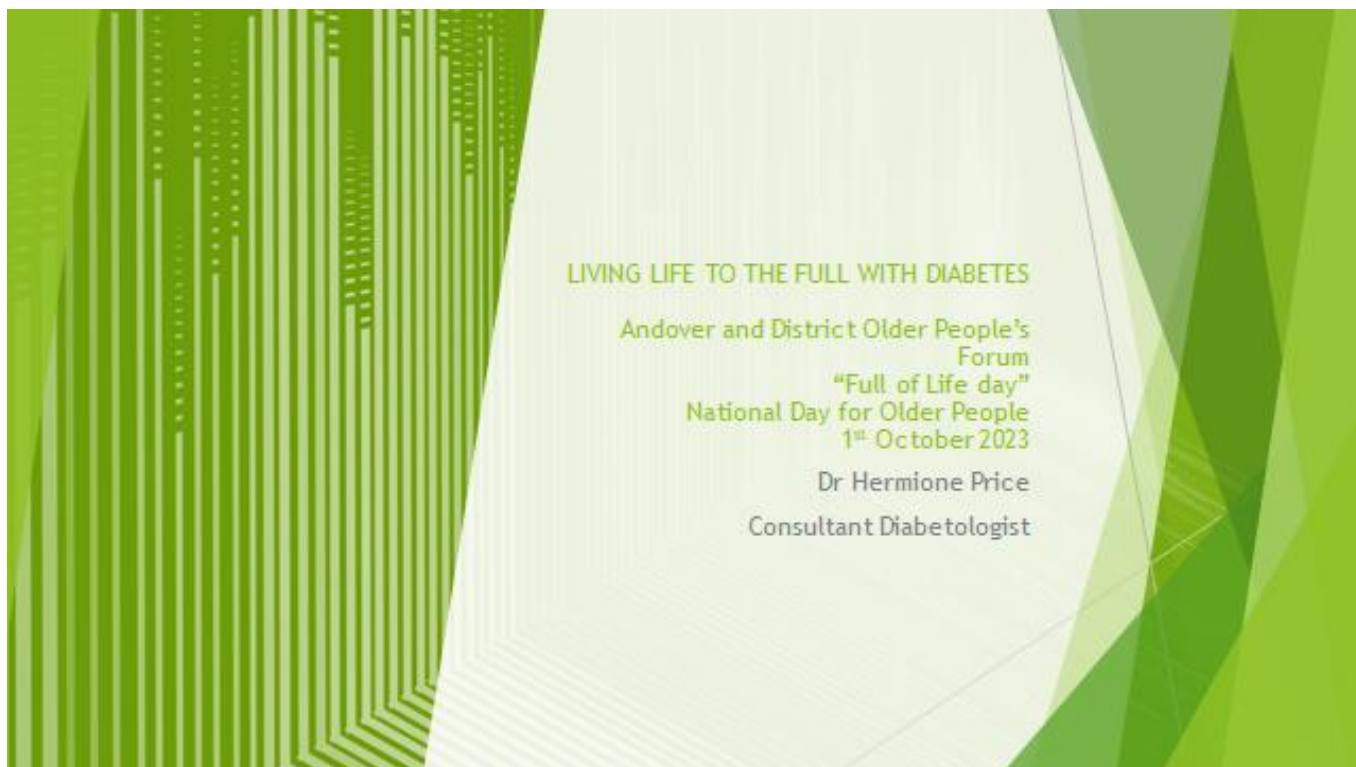


Dr Hermione Price's slides from our Full of Life day on 5th October 2023





How many people have diabetes?

- ▶ More than 3 million people in England live with diabetes
- ▶ By 2030, this figure is expected to rise to 4.6 million, with 90% of those affected having type 2 diabetes
- ▶ Another 850,000 have diabetes but don't know it



- ▶ Many more people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes
- ▶ This is sometimes known as pre-diabetes
- ▶ If your blood sugar level is above the normal range, your risk of developing full-blown diabetes is increased

Hampshire & Isle of Wight

Your local Hampshire & Isle of Wight Healthier You: Diabetes Prevention Programme is here to support people at risk of developing Type 2 diabetes.

Hampshire and Isle of Wight. You will also be able to attend our Digital and Tailored-remote group sessions online in the comfort of your home. If there isn't a programme running in your area at the time of your referral, you will be placed onto the area waiting list until the next programme begins. You also have the opportunity to attend programmes in other areas should you wish.

If you would like to speak about a referral to the service please discuss this with your GP surgery.

about the programme, please contact us on 01253 317 8112

Our booking team are available:

Day	Opening hours
Monday	9 am to 7 pm
Tuesday	9 am to 5 pm
Wednesday	9 am to 7 pm
Thursday	9 am to 5 pm
Friday	9 am to 5 pm
Saturday	9 am to 4:30 pm
Sunday	Closed

HEALTHIER YOU

Are you at risk? About us For Healthcare Professionals Register Book / Manage your session

Helping you prevent type 2 diabetes

Wondering about your type 2 diabetes risk? Don't worry, we're here to help. Find out if you're at risk and get tailored support if you need it.

[Find out your risk >](#)

[Our services >](#)



Diagnosis

- ▶ It's very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated



Symptoms of diabetes


- ▶ The main symptoms of diabetes are:
 - ▶ feeling very thirsty
 - ▶ urinating more frequently than usual, particularly at night
 - ▶ feeling very tired
 - ▶ weight loss and loss of muscle bulk
 - ▶ itching around the penis or vagina, or frequent episodes of thrush
 - ▶ cuts or wounds that heal slowly
 - ▶ blurred vision

- ▶ Type 1 diabetes can develop quickly over weeks or even days
- ▶ Many people have type 2 diabetes for years without realising because the early symptoms tend to be general





What causes diabetes?

- ▶ The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach)
 - ▶ When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy
 - ▶ However, if you have diabetes, your body is unable to break down glucose into energy
 - ▶ This is because there's either not enough insulin to move the glucose, or the insulin produced doesn't work properly
- 

Type 1 diabetes

In type 1 diabetes, the body's immune system attacks and destroys the cells that produce insulin

As no insulin is produced, your glucose levels increase

Type 1 diabetes is often known as insulin-dependent diabetes or early-onset diabetes

It usually develops before the age of 40, often during the teenage years

Type 1 diabetes is less common than type 2 diabetes

In the UK, it affects about 10% of all adults with diabetes

If you're diagnosed with type 1 diabetes, you'll need insulin injections for the rest of your life

Type 2 diabetes

- ▶ Type 2 diabetes is where the body doesn't produce enough insulin or the body's cells don't react to insulin
- ▶ This is known as insulin resistance
- ▶ 90% of all adults with diabetes have type 2 diabetes
- ▶ If you're diagnosed with type 2 diabetes, you may be able to control your symptoms simply by eating a healthy diet, exercising regularly and monitoring your blood glucose levels
- ▶ However, as type 2 diabetes is a progressive condition, you may eventually need medication, usually in the form of tablets



Link with obesity

- ▶ Type 2 diabetes is often associated with obesity
- ▶ What is your BMI?

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

2,759,828
completed

START — 1 — 2 — 3 — 4 — 5 — 6 — 7 — RESULTS

TYPE 2 DIABETES
KNOW YOUR RISK

Find out your risk of type 2 diabetes

Finding out your risk of type 2 diabetes only takes a few minutes. It could be the most important thing you do today...

riskscore.diabetes.org.uk

Why is diabetes so common?

- ▶ The rapid rise in the number of adults developing type 2 diabetes is due to:
 - ▶ increasing levels of obesity
 - ▶ a lack of exercise
 - ▶ increase in unhealthy diets
 - ▶ an ageing population



Complications



Diabetes can cause serious long-term health problems



It's the most common cause of visual impairment and blindness in people of working age



It's also responsible for most cases of kidney failure and lower limb amputation (other than accidents)



Diabetes and the heart

- ▶ People with diabetes are up to five times more likely to have heart disease or a stroke than those without diabetes





At risk groups

- ▶ Although all adults are at risk of developing type 2 diabetes, a number of groups have a particularly high risk of developing the condition

Your risk of developing type 2 diabetes is increased if:

- you're over 40 years of age (over 25 if you're South Asian)
- you have a close family member with diabetes (a parent, brother or sister)
- you're overweight or obese, with a waist size of over 80cm (31.5 inches) for women and 94cm (37 inches) for men, or 89cm (35 inches) for South Asian men
- you're of South Asian, Chinese, African-Caribbean or black African origin (even if you were born in the UK)
- you've ever had a cardiovascular disease, such as a heart attack or stroke
- you're a woman with polycystic ovary syndrome (PCOS) and also overweight
- you're a woman and you've had gestational diabetes or given birth to a baby of over 10 pounds
- you have a severe mental health condition, such as depression, schizophrenia or bipolar disorder, and you're taking medication for it
- you've been told you have impaired glucose tolerance or impaired fasting glycaemia



Living with diabetes

- ▶ If you have type 2 diabetes, you will be advised to look after your health very carefully
- ▶ Caring for your health will also make treating your diabetes easier and minimise your risk of developing complications

What should I do?

1

eat a healthy, balanced diet

2

lose weight (if you're overweight) and maintain a healthy weight

3

stop smoking (if you smoke)

4

drink alcohol in moderation

5

take plenty of regular exercise



What support
is available to
help me?



Lose weight

If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.



Active 10

The Active 10 app anonymously records every minute of walking you do. Just pop your phone in your pocket and away you go!

The app:

- tracks your steps
- helps you set goals
- shows you your achievements
- gives you tips to boost your activity

Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for - take your first steps today!

Lose weight. Get active. Feel great.

Hampshire! Let's do this.

What we offer

We've teamed up with Hampshire County Council to give you free access to today's best weight loss plans. Pick from Slimming World, gloji lose weight or gloji move more. Each programme offers a holistic approach to weight loss, combining nutrition and physical activity with accountability and support. Learn to make healthy



Slimming World

Slimming World groups offer members support, commitment and accountability. With 163 locations across Hampshire, Slimming World is ideal if you are looking for person support.



gloji lose weight

Our digital platform gives you the power to lose weight at your fingertips, with the added benefit of support and accountability from your very own health mentor.



gloji move more

Join a 12 week sports group to lose weight. Get active while making new friends and boosting your health and fitness. Starting September 2023, sign up now to be the first to hear more.

<https://hampshire.gloji.org.uk/>

Exercise Referral Scheme

The exercise referral scheme is a 24 week programme based at the Winchester Sport and Leisure Park. It allows doctors and other health professional to refer people who will benefit from physical activity in order to improve their health and quality of life.

The scheme is delivered in partnership between qualified instructors from Everyone Active and the Primary Care Network. It is for patients who are 16 years and over, currently inactive, and have one or more of the following health conditions:

- Risk of coronary heart disease (high blood pressure, high cholesterol, diabetes and obesity)
- Chronic obstructive pulmonary disease (COPD)
- Cardiac disease (CVD)
- Parkinson's
- Recovering from a stroke
- Recovering from cancer treatment
- Battling mental health

To join the health and wellbeing programme you can either refer yourself or by a health professional such as a GP, a Practice Nurse or a Physiotherapist. For more information please [click here](#) or email winchesterwellbeing@everyoneactive.com