



**Who could  
get type 2  
diabetes?**





**Are you  
at risk?**

**Type 2  
diabetes  
mainly  
happens  
when you  
get older.**

**Are you  
at risk?**

**Diabetes  
can happen  
if there is  
too much  
sugar in  
your blood.**



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**Are you  
at risk?**

**Anyone  
can get  
diabetes.**



**Are you  
at risk?**

**Being  
overweight  
increases  
your chance  
of getting  
type 2  
diabetes.**

**Are you  
at risk?**

**You are  
more likely  
to get  
diabetes  
if your  
family has  
diabetes.**



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**Are you  
at risk?**

**Diabetes is  
more common  
if your family  
is from India,  
Africa,  
Pakistan,  
Caribbean  
or the  
Middle East.**



**Are you  
at risk?**

**Eating  
unhealthy  
food and  
doing little  
exercise  
makes  
diabetes  
worse.**



**Are you  
at risk?**

**Diabetes  
is linked to  
high blood  
pressure  
and high  
blood fat  
levels.**





**Are you  
at risk?**

**If worried,  
see your  
doctor to get  
checked  
for diabetes.**

**Are you  
at risk?**

**A doctor  
may take a  
blood test  
to measure  
sugar in  
your blood.**



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