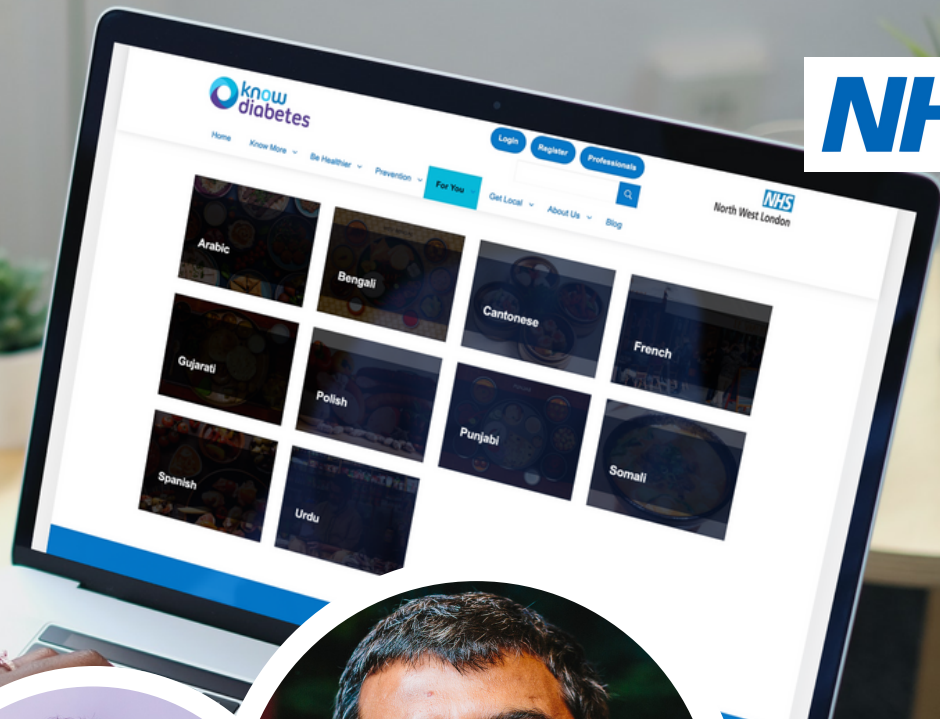




knowdiabetes



LANGUAGE — RESOURCES —



knowdiabetes.org.uk/languages



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NHS



FOOT HEALTH QUIZ

Did you know that diabetes can affect your feet? Prioritising good foot health will not only support you with an active lifestyle but also help prevent complications.

Try our foot quiz.



SCAN ME

knowdiabetes.org.uk/foot-quiz



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NHS



STOP TYPE 2 DIABETES

There are over 185,000 people in North West London who are at risk of developing type 2 diabetes. Furthermore, we estimate there are another 40,000 who are undiagnosed. Positive evidence shows behavioural interventions, which support maintaining a healthy weight and being more active can significantly reduce the risks.



SCAN ME

knowdiabetes.org.uk/prevention



knowdiabetes

NHS



MEAL PLANS

Not sure what to eat on a lower-carb diet?

We have created various 7-day meal plans for people who eat an **Arabic, Caribbean, West African, South Asian** vegetarian or non-vegetarian diet. These meal plans will give you plenty of ideas on how to get started.



SCAN ME

knowdiabetes.org.uk/meal-plan



SOCIAL MEDIA

Join the Know Diabetes Community!

Find support, connect with others, ask questions and share your experiences with people living with diabetes, their carers and family. Discover **Friends of Know Diabetes** on Facebook and Instagram, just scan the QR codes below with your phone or visit the link at the bottom.



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