5 WAYS TO PREVENT DIABETES

EAT WELL
Having a healthy balanced diet can help reduce your risk of Type 2 diabetes. Try to reduce the amount of sugar and refined carbohydrates in your diet. Try swapping your next snack for a healthier alternative.

MOVE MORE
Spending less time sitting and more time being active is key to preventing Type 2 diabetes. It could be an activity class, a sport, or getting up from your seat and doing more around the house. Moving a little more makes a big difference.

LOSE WEIGHT, IF YOU'RE OVERWEIGHT
Type 2 diabetes is often linked to being overweight. If you maintain a healthy weight, you can reduce your risk of developing the condition. For most people in the UK, a BMI of 25 or above indicates you are overweight. You can check your BMI online.

REDUCE YOUR WAISTLINE
Carrying too much fat around your stomach can raise your risk of Type 2 diabetes, even if you have a healthy BMI. Regardless of your height or BMI, you should try to lose weight if your waist is 94cm or more for men and 80cm or more for women.

SET REALISTIC GOALS
Set yourself realistic goals that fit in with how you live your life. Choose the healthy food and activities that you like best. By building healthy meals into family life and moving more to get from A to B, you can maintain these changes and look forward to a healthy future.

SOURCES:
https://www.diabetes.org.uk/
https://www.nhs.uk/conditions/diabetes/